



CHRISTMAS ISLAND
DISTRICT HIGH SCHOOL
MAY 2023



IMPORTANT DATES

YEAR 1 ASSEMBLY
12 MAY

GATE CAMP
22 MAY

NATIONAL
SIMULTANEOUS
STORY TIME
24 MAY

YEAR 4 ASSEMBLY
26 MAY

EST FOR YR 12
FINISHES
26 MAY

YEAR 11/12 EXAMS
WORK PLACEMENT
1 JUNE

YEAR 5 ASSEMBLY
9 JUNE

FAREWELL MISS RHI

We wish Miss Rhi all the best as she starts her maternity leave next week. We welcome Miss Vicky back to the island to take over from Rhi. A fun fact is that Miss Vicky taught Miss Rhi when she was in Year 2!



Miss Rhi & Miss Vicky

CAHDS PARENT AND SIBLING WORKSHOPS 2023



The Complex Attention Hyperactivity Disorders Service (CAHDS) are offering a series of parent workshops. These workshops are intended for parents with children/adolescents who experience significant attention difficulties, including a diagnosis of ADHD. These workshops are collaborative and invite discussion from participants.

All workshops are stand-alone, and parents can attend any of the workshops upon registration, although numbers are limited for each workshop. Our parent workshops will be run Online from approximately 10:00 am - 1.00pm AWST (i.e. 9:00 - 12 noon CI time) and details regarding access will be sent to parents prior to each session. There is no cost to attend these workshops. The Sibling workshop will be offered as an expression of interest (numbers permitting) for a face-to-face group at Perth Children's Hospital on a day during the school holidays.

Prior to the beginning of each school term (February, April, July, and October) CAHDS will send out a timetable of the information sessions available for the following three-month period. At this time if parents are interested in attending any of the workshops, they will need to register with CAHDS by contacting 6456 0214 or by email CAMHS.CAHDS@health.wa.gov.au.

Once workshops are full, they will be closed for the cycle.

Parents/Guardians/Caregivers register individually for the following online sessions. If you are interest in attending any of the online sessions as part of a group at Christmas Island DHS (publicised dates below), please contact Elizabeth Moran, School Psychologist on 9164 8546 to register your interest by Friday 12 May.

Friday 12th May: [Understanding your child's behaviour \(including reasons for behaviour and impact of other factors\)](#)

Friday 19th May: [Executive Functioning](#)

Monday 22 May: [Communication](#)

Thursday 1 June: [Family self-care/stress management for parents \(including the impact of ADHD/challenging behaviours on the family\):](#)

Thursday 8 June: [ADHD and sleep](#)

Friday 16 June: [Emotional Dysregulation](#)

Tuesday 20 June: [Sensory Processing for children with ADHD](#)

Monday 26 June: [Medication and ADHD \(Including ADHA and diet\)](#)

Yours sincerely,

The CAHDS Team

Please contact Elizabeth Moran,
School Psychologist for more
information 9164 8546



JOLLY SOCKS

The 2023 Country Week Team will be selling Jolly Socks as part of their fundraising to attend Senior School Sports in Perth in June. Jolly socks are \$8 a pair.

Students can purchase Jolly Socks during **recess** in the library

Person	Sock Size	Standard Australian Size
Kids (4-8 yrs)	Extra Small	9 - 12 Kids Size
Kids (8-11 yrs)	Small	12 Kids - 2 Adult Size
Older Kids, Teens & Women	Medium	2 - 8 Adult Size
Women/Men	Large	8 - 12 Adult Size
Men	X-Large	12 - 14 Adult Size

Healthy Screen Time Habits Workshop

Living in a digital age has benefits and risks for children and parents. Digital devices can be a source of fun and important tools for learning. The challenge is to manage screen time and keep children safe online.

This workshop gives some suggestions to help parents establish healthy screen time habits and respond to common screen time problems.

An online session is being run by School Psychologists from the Department of Education

Date: 22 May

Time: 2 hours from 7pm-9pm Christmas Island time (i.e. 8-10pm WST)

Pre-registration is not required. Join 15 minutes prior to the event at the following link

WebEx:

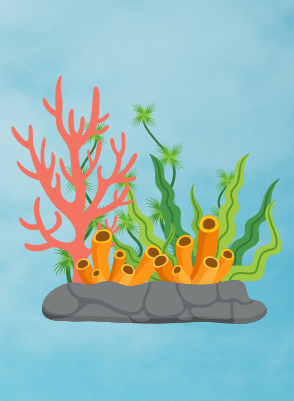
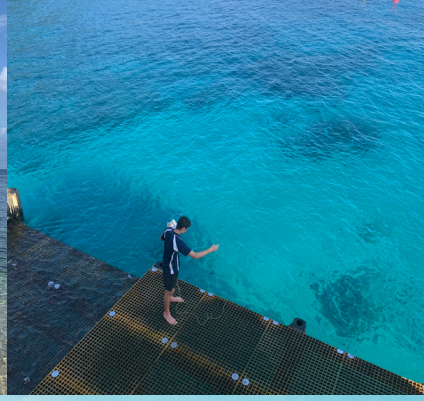
<https://educationwa.webex.com/educationwa/j.php?>

[MTID=mc738125c643ce5b46fdbc55f828c3008](https://educationwa.webex.com/educationwa/j.php?MTID=mc738125c643ce5b46fdbc55f828c3008)

Marine

BY MR CANDELORO

Our Year 12 Marine Studies students have undertaken a recent investigation task that aims to seek out and identify the different types of plankton found within the Cove. Students have also recorded water sample data and applied scientific method to present conclusions about the types of plankton found in different marine environments.



Thank you SERCO!

A huge thank you to the ERT team at SERCO for their very generous donation of Easter eggs at the end of Term 1 for all our students. The added excitement of giving us Easter eggs was when they asked our students to be involved in a push up challenge with them. Our students did very well and received an Easter bunny for their efforts.





Certificate of Appreciation

Awarded to the students and teachers of

Christmas Island District School

*For exemplary behaviour and conduct during their
visit to the Australian War Memorial on*

20 March 2023

*The level of respect for the commemorative role of the
Memorial and your involvement in the Education
Program deserve our congratulations.*

Robyn Siers
Education Manager

HARI RAYA

BY MISS JULIE

Over the past two weeks in Malay LOTE, students have learnt about and celebrated one of the most important events of the year, Hari Raya. Hari Raya or Eid in Arabic, marks the end of Ramadan, one month of fasting, for Muslims all over the world. It is a time to ask for forgiveness for any wrongdoings that may have occurred over the year.

This year students celebrated Hari Raya by baking kuih raya (Hari Raya biscuits), creating lovely Hari Raya craft and the Year Tens even got to go Hari Raya visiting. Many thanks to Cik Farisha and Cik Zianna for allowing us to visit your homes for Hari Raya.



Eat a RAINBOW of vegetables everyday!

Different coloured vegetables provide different nutrients for growing bodies. Supplying kids with lots of different coloured vegies and fruits each day is the best kick-start we can give them for health, growth, and concentration in the classroom.

RED

Cherry tomato, radish, red capsicum, red apple, cherries, strawberries

ORANGE & YELLOW

Corn, yellow capsicum, apricots, mandarin, carrots, rockmelon

WHITE & BROWN

Cauliflower, nashi pears, mushrooms, white nectarine, banana

GREEN

Sugar snap peas, green apple, pear, cucumber, broccoli, grapes, frozen peas

PURPLE

Purple grapes, purple carrots, blueberries, plums, blackberries



Sustainability Update

BY MISS JULIE

CIDHS has been a Wastewise School for 5 years!

Congratulations CIDHS staff and students! In order to be a Wastewise school, we need to demonstrate how we instil sustainable behaviours and positive environmental values and attitudes within the school and the wider community through waste reduction. CIDHS received a special certificate of recognition for this achievement. It is displayed in the front office.

Paper

Each week, the Year 3-6 students collect paper for shredding. This paper has ideally been used on both sides and cannot be used again. The paper is collected, weighed, recorded and shredded using our two shredding machines. The shredded paper is then used in the garden as compost. Many thanks to the students and staff who take shredded paper home to use in their chicken coops and in their gardens. Last term 58kg of paper was shredded!

Gardens

Towards the end of Term 3, the Year 3-6 students planted some cucumber, tomato and parsley seeds in the garden. We have been watching the plants grow, produce flowers and this week we harvested our first cucumbers! It is very exciting! Hopefully, we will be able to grow some more yummy vegetables in the near future. Many thanks to the Year 4's who have taken on the responsibility of watering the garden each day.



Term 1 2023 Shredding paper Stats

Wk	Weight kg
1	11
2	9.1
3	1.8
4	4
5	4
6	1.62
7	12.72
8	0
9	5.98
10	7.82
Total	58.04

Easter Hat Parade 2023

