

High school entry #6: Callaghan College Wallsend Campus



# THE WALLSEND EAGLE



ONE FOR ALL: Students enjoying sport. — Picture by Brooke Peel

## Campus finds its feet for a sporty future

By **SANCHA MALLOY** and **BROOKE PEEL**

CALLAGHAN College Wallsend Campus is known for creative and performing arts but sporting programs are also on the rise.

As part of Year 9's sports studies course, students are teaching skills to Year 5 and 6 Plattsburg Public School students.

Other students are going in September on a three-day excursion to Narromine to compete in a variety of sports.

The Narromine trip should also be a social experience as the city students mix with those from rural and remote areas.

The campus is involved in many schools sport competitions including the Callaghan Cup, a new competition targeting Newcastle under-16 rugby league players, following the Newcastle Knights' knockout.

Another sporting concept being implemented is a 'Mate v Mate' afternoon when representative players are randomly divided into teams.

The campus is also keen to maintain sporting links with other schools.

# Trainee is flipping out

By **BROOKE PEEL**

TY Swadling, a second-year trainee physical education teacher doing his first practical experience at Callaghan College Wallsend Campus, has travelled around the globe to pursue his passion for competing in trampolining.

Mr Swadling, 19, began training to be a teacher after doing his HSC at Whitebridge High School.

He also worked part-time as a trampolining coach at Glendale while competing at national and international competitions.

Mr Swadling said he sets goals to help him achieve what he wants in his sporting and teaching careers.

He sets long-term goals then divides them into medium and short term to focus his attention on what he has to do each week.

One of his long-term goals is to finish his degree and begin his teaching career as soon as possible.

Mr Swadling said that during his time at Wallsend Campus he hopes to enrich his knowledge by having guided on-the-job experience within the classroom and to build professional relationships with other staff.

Although his main goal is to achieve his degree, Mr Swadling also hopes to compete in the 2012 Olympic Games. He describes competing with the world's best as



AT EASE: A rare moment of stillness at school for the very busy Ty Swadling. — Picture by Nicolla Cook

"nerve-racking yet rewarding and exciting".

Mr Swadling began trampolining when he was 12 including long training sessions in the gym and on the trampoline.

He trains with the East Lakes Trampoline club.

Although he does not have a strict diet, he avoids high-fat foods

and leading up to competitions he eats a lot of protein.

Although trampolining is a great sport and lots of fun, Mr Swadling does not see a future for himself in the field because it is not very financially rewarding.

He has competed in world championships in Germany, Canada, Holland, South Africa,

England, Wales and Belgium.

His life revolves around managing training, university and competitions, not to mention family and friends. But he says "it is always worth it in the end".

He said that by timetabling, planning with his trainer and prioritising, he enjoys his busy life.



TAKE CARE: Shine students learn about beauty care.

## Confident girls are shining bright

By **JACKIE IREDALE** and **REBEKAH SAUNDERS**

SHINE, a program from the Hillsong Church to help girls grow into strong and confident young women, was first introduced to Callaghan College Wallsend Campus in 2006 by former student Sarah Clulow.

But the program, which has improved many girls' lives by developing skills like confi-

dence and trust, costs money. Girls are sponsored by a business or individuals for \$150.

"Purpose, strength and worth, these are things all girls should have," Macquarie Life Church and Wallsend Campus chaplain Jen Wendtman said. "Unfortunately, some girls do not possess these attributes. This is where Shine comes in."

The program aims to help

girls understand who they are and uses skin, hair, nail and makeup care and department for confidence-building and mentoring.

Volunteers who run the groups are trained by Macquarie Care, part of Macquarie Life Church.

It is hoped that 'Strength', an equivalent but more physical program for boys, will be introduced to the school next term.

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# Aussie teens girt by a sea of stress

## Editorial

By JOEL FORBES-HARPER

THERE are no two ways about it: life for teens is not the simple affair it once was. Not only does the modern generation have to juggle commitments and manage relationships like their predecessors but some, such as the Year 10 at Wallsend Campus of Callaghan College, face the challenge of being uprooted from a familiar school setting to do their senior studies in an alien environment.

This upheaval, while in the interest of the students, tends to place added stress on them when they are faced with leaving behind hard-earned relationships with teachers, helpful office staff and other students. Some may scoff, claiming the youths to be whiners. However, they should withhold judgement as that can cause strain on anxious, pubescent, hormone-ridden teenagers.

Humbling prospects of developing working relationships with unfamiliar teachers and unknown standards of work and surroundings can rattle even the coolest prospective Year 11s. Their worries are only worsened with dire warnings from their trusted teachers about study, homework and assessment tasks.

The senior years sound like an excuse for unfamiliar teachers to torture them instead of a time to

enjoy their freedom of licence and the company of mates in a mature academic environment. Also worrying is the realisation that friends leave for other schools or work and there are many new faces in the crowd.

For some, the anticipation of a split in their friendship group proves to be extremely stressful, while the idea they could be alone among strangers is overwhelming. More worrying for teens are their further educational choices, VETs, TAFE, university, certificates, UAI, diplomas and units.

Suddenly the Year 10 attitude of "We'll decide what subjects you take" seems desirable. Teens are asked to plan their lives and choose from mountains of career options and electives that may affect their lives for years to come.

It is understandable that students are apprehensive about the move to senior school. Although these things often leave students feeling swamped and overwhelmed, they can reap rewards in the long run through more career choices, personalised learning environments and greater flexibility in their learning schedule.

It must be remembered, especially by those who are envious of the opportunities presented to today's youth, that these opportunities are taken through hard work and extreme tension for the students. People moving school to continue study should not be dismissed as complainers. When that move is made, responsibilities some adults will never know are placed on those teenagers.



LIQUID GOLD: Life Skills students in the kitchen. — Picture by Mark Gooch

# Souper-duper days for skills

By MEGAN PEEL and SANCHA MALLOY

THE Life Skills class at Wallsend Campus prepares a delicious and very popular soup every Wednesday.

They prepare the soup in their class kitchen and sell it to teachers to raise funds for their end-of-year snow trip.

The class enjoys the experience and they are not only preparing a meal but also learning valuable life skills.

The program also plays an important part in improving the children's work skills.

They are asked to do what may seem like tedious and sometimes boring jobs, such as peeling vege-

tables, but soon learn hard work can be very rewarding.

Students learn communication skills such as the need to speak clearly and politely and work skills such as working in a team in a pleasant and co-operative manner.

Students make a variety of soups including pumpkin, zucchini, parmesan cheese, chicken, sweet potato and minestrone.

A member of the class Candace Fenton said her favourite flavour was pumpkin soup and that "it is easy to make".

Another student, Chris Bower, said "making the soup was fun but really hard work".

Dillan Johannessen said he "learnt to be a good team person".

# Cafe and breakfast club hit spot

By NICOLLA COOK and JACKIE IREDALE

A STUDENT cafe and breakfast club are the newest additions to the work experience program at Wallsend Campus of Callaghan College.

The cafe provides students with practical work skills in a social learning environment.

All students who are interested in hospitality get opportunities to develop work skills.

Students get an opportunity to experience all aspects of operating a cafe, from planning the menu to buying food from markets, taking orders and preparing, cooking and serving food and drinks.

"Meals are cheap," one student, Joshua Cooper, said.

"Only \$7 for a vegetarian meal," Cody Gould said.

"A meat meal and a soft drink are the same price," Jeremy Cooper said.

"Coffee and cake is only \$5," added Shannon Woods.

Cafe CC operates each Thursday.

Students who work at the cafe are rewarded with a meal, cake and hot chocolate.

The breakfast club provides students with a light meal and hot chocolate from 8am to 9am.

Both programs are made possible by help from Pura and Bakers Delight, teachers and the community.



Illustration by Joel-Forbes Harper

# Students of Japanese find the beat in drums

By MEGAN PEEL

TALENTED Taiko drumming group The Rhythm Hunters visited Wallsend Campus of Callaghan College in May to perform for Year 7 students.

The student audience had been studying Japanese for some time and enjoyed the energetic performance.

The two talented performers kept the students involved in the performance by having students stamp their feet and clap to the beat. Students were

also encouraged to try to play the different drums.

The drums played by The Rhythm Hunters were of many shapes and sizes and included a wide variety of traditional Japanese instruments.

Taiko is a visually spectacular art form, which originated in the festivals and rituals of rural society in Japan.

Wallsend students gained knowledge and understanding of the meaning and purpose of taiko and enjoyed the sights and sounds of the spectacle.



BANG A DRUM: Students listen to The Rhythm Hunters perform. — Picture by Jill Munday

Opinions expressed in this newspaper are not necessarily those of the competition sponsors.

## Answer:

The \$10 note features the poets A. B. ('Banjo') Paterson (1864 – 1941) and Dame Mary Gilmore (1865 – 1962). This note incorporates micro-printed excerpts of Paterson's and Gilmore's work.



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