

NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 3

Week 4B

8 August 2014

DEPUTY PRINCIPAL'S REPORT



AP4 Examination Period

The students of Year 12 have begun their final internal examinations and their last major preparations for the HSC. This can be a time of stress and anxiety for a number of students and parents and it is something staff see on a yearly basis. It is important to note a certain amount of stress is an excellent motivator, however, if you are overwhelmed by stress it will affect your ability to perform. There are a few things to remember when both preparing for, and during exams, which may help to alleviate stress. Firstly, the HSC IS NOT the end of the world. If you do not get into the course you want, there are many other ways to achieve your goals. Secondly, THINK POSITIVE, too often we think about failing. Change your thoughts to positive outcomes, what people will say when you get more marks than you expected. Finally, reducing stress is a whole body experience. Eat properly and avoid stimulants like caffeine. Exercise is an excellent tool to reduce stress.

Sleep regularly, take regular breaks from study and try to maintain a healthy life balance by socialising with your friends. For more information go to: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/managing-exam-stress>

Mathematics Competition

On Thursday, approximately 400 students participated in the Australian Mathematics Competition. This is an annual event run across all secondary schools in the country. This competition aims to promote the importance of mathematics as a subject and gives students an opportunity to discover their talents in mathematics. Students are asked to solve 30 problems in 75 minutes with questions progressively increasing in difficulty. The competition was organised by Mr Knox, who is to be congratulated on his fine organisational skills.

E-diary Survey

Parents are reminded to please complete the short E-diary survey which was sent late last week. The feedback we gather from this survey will guide the school towards the most appropriate way forward in relation to this tool. The link to the survey can be found at: https://docs.google.com/forms/d/1KYVJQrz-Mm0ho6R9Fm7k5YVUVB7e7nG1B6pBQuCPrPI/viewform?c=0&w=1&usp=mail_form_link

*Note Year 12 parents were not sent the link as they are not required to participate.

Zone Grade Finals

Congratulations to the following teams who made it into the finals at Zone level for this season: Boys' AFL A, volleyball B, rugby 16/17, girls' basketball A, hockey A, netball B, netball 9-10 B and mixed badminton. Further news on these results can be found in the sports report.

Churchill Fellowship

Congratulations to Miss Bleakley who is the deserved recipient of the prestigious Churchill Fellowship. This grant is provided as an opportunity for Australians to travel overseas to conduct research, which is not readily available in Australia, in their chosen field. It aims to reward proven achievements of talented and deserving Australians with further opportunity in their pursuit of excellence for the enrichment of Australian society.

Miss Bleakley will be travelling to the United Kingdom, Netherlands, Germany, Switzerland, Finland and United States of America to study the dichotomy in technology education of the future, the role of hand skills and the role of CAD/CAM technology in the production of designed solutions. The purpose of the study is to broaden her understanding of how schools, universities, designers and the manufacturing industry incorporate Computer Aided Design and Computer Aided Manufacturing.

Mr Townsend

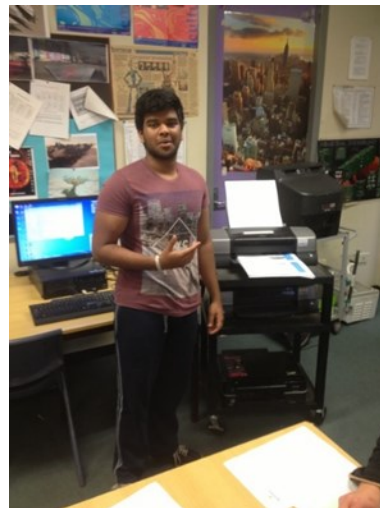
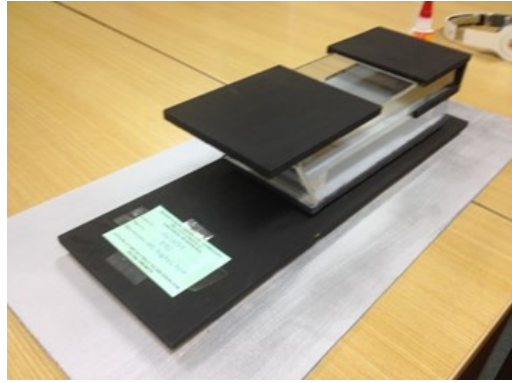


Miss Bleakley with other Churchill Fellowship recipients



Miss Bleakley at Government House

*HSC Industrial Technology Timber, Graphics and
Multimedia Major Works*



The Australian Council for Education Research Conference

On Monday and Tuesday Mr Johnson and I had the pleasure of attending The Australian Council for Educational Research (ACER) conference. The theme for the conference was *Quality and Equity* and we attended many interesting sessions which widened our global and national perspective on educational issues around equity. One session looked at the global need for more students in the fields of mathematics and engineering where research indicated a growing decline in students, especially female students, undertaking career paths in these areas. This is also true at Cherrybrook Technology High School where the number of boys electing to study 3 and 4 unit mathematics and engineering far exceeds the number of girls. Sue Collins from ACER indicated that also the Australian female mathematics results, as indicated by the global PISA test, have fallen from 2009-2012. Ms Collins has sought reasons for this fall in girls' ability to do mathematics. Her initial findings indicate that girls' self-concept, intrinsic motivation and interest, all in relation to mathematics, are well below that of their male counterparts. The challenge is then for us to change perceptions of mathematics being too hard to understand and to encourage resilience in approaching mathematical questions.

Another interesting session was on the importance of metacognitive skills in assisting students to reflect on the ways they learn and as a result to become better learners. Alarming, research from Flinders University indicates students' perception on metacognitive skills does not improve from Years 7 - 10 and for some boys their understanding of what helps them to learn fell as they progressed through high school. The work of Helen Askill-Williams has been taken up by the Chinese Government in order to improve learning throughout China. We are interested in whether students from Cherrybrook Technology High School have an understanding of the learning strategies they use and we are currently devising a survey to assess levels of perception here. The findings will indicate whether future work is needed in this area. A report of other findings from the conference will be delivered to the executive and staff to share the knowledge and understandings we learned.

Mrs Weal

Student Executive Planning Day

On Tuesday 5 August, the new student executive and SRC for 2014/2015 had a training day which started with introductory games, allowing us to become familiar with the entire SRC body. As cooperation is an essential aspect of being in the SRC, simple things such as learning each other's name and interests helped facilitate the rest of the day's activities and organisations.

During periods 3 and 4, our more formal part of the day took place, during which time we began to introduce new, fresh ideas for Cherrybrook Technology High School. In particular, a lot of organising went into new and upcoming mufti days including one on Wednesday 20 August, themed *Double Denim*, to raise awareness and funds for the charity we decided to sponsor, *Jeans for Genes*. This is our first major event being part of the new SRC body and we are very excited to show our fresh, new ideas while maintaining the high standard of Cherrybrook's traditional mufti days. We further discussed a following event in Week 7, International day, which is an annual custom at CTHS. We aim to acknowledge all the different cultures and identities at our school, therefore the motto of International day is *Learning to be us*.

To end the day, it was just a fun afternoon, filled with some games and team building activities. Overall this entire day was both enriching and successful in helping to join the executive team and SRC. We can't wait to work together on activities in the upcoming year.

Erica Swanson and Jack Patten



HSC Industrial Technology Timber, Graphics and Multimedia Major Works

Can you hear that??? That is the sound of a huge sigh of relief as this year's Industrial Technology cohort finally submitted their major works. Over the past twelve months of blood, sweat, probably tears and definitely limited sleep, the students have been tirelessly working towards this date, producing their major work and folio. Throughout the year they have developed skills, experimented with materials and techniques and used new technologies, with the aim of completing a quality project to present to the Board of Studies, Teaching and Educational Standards (BOSTES) markers in the next few weeks.

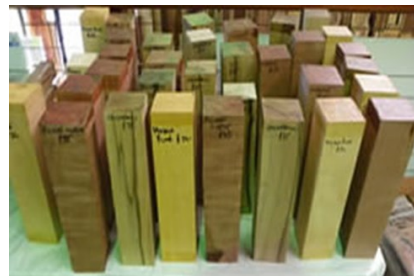
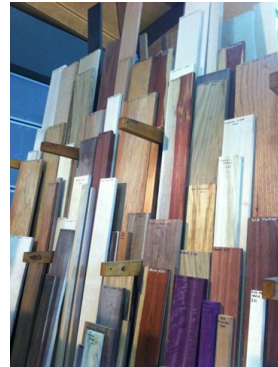
Congratulations to all students on their fine efforts in creating some amazing pieces of work. Thank you to teachers, Mr Sloan, Mr Townsend and Mr Rawlin, who have constantly supported and motivated students across the finish line. Now all there is to do is sit back and wait for the markers, who arrive on Thursday 21 August.

Mr Kerr, Head Teacher Industrial Arts/VET

Year 11 Industrial Technology Timber

On Monday 4 August, Year 11 Industrial Technology Timber students visited Trend Timbers as part of their industry study assessment task. The excursion involved a tour of the warehouse which stocked rare and exotic timbers, specialist woodworking tools, equipment and machinery. Students also took the opportunity to research various timber species and other materials in preparation for their HSC major projects.

Miss Wilson



Year 11 Geography Checks the Pulse of the Hawkesbury Nepean River

Year 11 geography students recently visited the Brewongle Environmental Education Centre to undertake a study of the health of the Hawkesbury Nepean River and make judgements on the impacts of humans and their land use of the river.

On the day, students were divided into three groups. One group worked with Western Sydney University staff from within their boats, helping to collect key data on the water quality of the Hawkesbury Nepean, sampling from various depths across the river. The second group donned the waders to take samples of phytoplankton and zooplankton from the shoreline. The third group undertook an assessment of the riverbank considering whether human activity within the area had been managed well enough to maintain the integrity of the river banks.

The water samples collected were later studied under the microscope to investigate the presence of good or bad algal species within the water. It is safe to say the water quality of the river was quite good. However, a similar excursion back in 2011, at the same time of year, showed the water temperature to be two degrees cooler than our present readings showed. This would go some way towards explaining the high level of algae we discovered in the water. This, combined with the El Nino phase predicted to set in later this year, is not good news for the river. A great day was had by all.

Mr Clements



Visit from Newcastle-under-Lyme School

The young and aspiring netballers of Cherrybrook Technology High School were more than thrilled to host and play girls from Newcastle-under-Lyme School for two nights all the way from England.

The girls from Newcastle-under-Lyme School arrived at Cherrybrook after experiencing the speed jet boats across Sydney Harbour, where they were then separated with Australian hosts. Over the two days, the Cherrybrook hosts took the girls out to do many different activities such as dinner, the beach, Sydney Harbour, rock climbing, laser tag, the movies or just hung-out and relaxed as they were still recovering the mild jet-lag.

On Wednesday, the Cherrybrook girls had the opportunity to play netball against the Newcastle girls (or Australia VS England) in three challenging yet very social and friendly games on one of the warmest winter days in Australia. Both sides played exceptionally well, where many turn overs, shots and rebounds were made. Throughout the three games, Carly Wright, Natalie Cauwood and Courtney Cattell were selected by Newcastle as players of the match.

On behalf of Cherrybrook Technology High School, we were so thankful and thrilled about this opportunity which we hope arises again soon! We all wish the girls the best of luck for their future netball endeavours and all hope to see them again soon!

Thank you to Mrs Moloney for all her organisation and to all the families who found time and room to host the English students.

Kelly Simmons, Sports Vice Captain



International Day

International Day is an exciting opportunity for CTHS students to celebrate the diverse cultures of the school. What makes us unique is we are all part of a colourful society where every Australian is culturally different. As a proud nation which embraces the multiculturalism of our society, it is not enough to know we are a diverse country. More importantly however, it is essential that, as Australians, we embrace and learn the different cultures within the Australian identity which we all share. Thus, the theme for International Day 2014 is *Learning to be us*. Students will be able to understand and learn the different cultures from where their peers originate through to amazing traditional and contemporary cultural music performances and dances in the multicultural assembly. Furthermore, the annual international food is where flavours from all over the world are brought under one roof! What makes International Day even more exciting is that students are able to dress up in their unique cultural costumes! International day will be held on Tuesday 26 August, Term 3 Week 7, so we encourage students to get ready and be involved on this exciting day!

This year's International Day is brought to you by your International Representatives, Vidhi Nanda and Marcus Lee.

Retraction

Our apologies for an error in last week's *Network*; the article on the ILM Society of North West Sydney was incorrectly entered as LIM Society of North West Sydney.

Communicating with Children & Teenagers

What works well

On the 22nd of August qualified counsellor Melissa Adams will be presenting a talk on how to communicate with your children, and teenagers.

Melissa works for Crossroads Counselling and loves helping children, adolescents and parents navigate difficult stages of life. Whether you struggle to communicate with your children, or you have a great relationship with them, you will benefit from Melissa's advice and experience.

Date and time: 22 August 7-9pm

Location: Cherrybrook Community Centre

Cost: Free

This event is being run by Cherrybrook Anglican Church for all parents in our local community

For more details contact Dan Butler on 0402 284 434 or danbutlercac@gmail.com

WEEKLY SPORTS REPORT



Sports Results:

- Year 7 and 8 girls' soccer competed brilliantly and won the Parramatta division of the Wanderers Cup
- U15 girls' basketball greatly defeated Brisbane Waters Secondary College Umina Campus 76-2
- U14 girls', boys' and U16 girls' futsal teams played extremely well when they competed at the State Futsal in Penrith last week

Upcoming Events:

Thursday 14 August:	Grade sport trials
Friday 22 August:	Sydney North netball Years 7 and 8 Gala Day
Thurs 4, Fri 5 and Sat 6 September:	CHS Athletics
Wednesday 10 September:	Sydney North netball Years 9 and 10 Gala Day
Friday 19 September:	CTHS Year 8 Gala Day

Congratulations to the following teams for making it into the semi finals:

Boys:

AFL A, volleyball B, rugby 16/17's

Girls:

Basketball A, netball B, netball 9/10 B

Mixed:

Badminton

Premier Teams for the Winter Season 2014

Congratulations to the following teams for winning the finals:

- AFL
- Volleyball boys' B
- Badminton
- Girls' hockey
- Open netball B
- Year 9/10 netball B

Congratulations to the following teams for being runners-up:

- Senior boys' rugby
- Girls' basketball

Chloe James and Zoe Anstee, Sports Promotion Officers 2014/2015



Chloe James



Zoe Anstee

CAREERS UPDATE

JobJump

Would you like to receive the latest careers news on what interests your son or daughter? Want to quickly find the information to help them with their choices? Go to www.jobjump.com.au and watch the three minute video (link located in the top right-hand corner of webpage).

Year 12 students may wish to register on the JobJump site - enter the school name, students' email address, click on *login*, then enter the school password, *fox*, and select the *ATAR* tab. This site provides a fabulous summary of all the universities in NSW which teach selected course areas. The 2014 ATAR cut-offs are listed.



Each Year 12 student should by now have collected their UAC Guide from the careers room. Applications for university via UAC are now open. On-time applications close on Tuesday 30 September. Preferences can be changed until midnight, Wednesday January 7 2015 and main round offers are released on Wednesday 21 January 2015.

CTHS Year 12 Careers Night

Please refer to the flyer in this edition of *Network*.

If you are interested in applying for an early offer to Notre Dame University, Sydney, go to: <http://www.nd.edu.au/nav-future-students/young-achievers-early-offer-program>

If you are interested in applying for an early offer to Australian Catholic University, Sydney, go to: http://www.acu.edu.au/study_at_acu/alternate_entry/early_entry

If you are interested in applying for an early offer to Macquarie University, go to: http://www.mq.edu.au/study/undergraduate/getting_in/entry_schemes_and_pathways/early_entry_program

If you are interested in applying for an early offer to University of Western Sydney, go to: <http://www.uws.edu.au/informationabout/bonuspoints/earlyoffer>

If you are interested in applying for an entry schemes and pathways to UTS, Sydney go to: <https://www.uts.edu.au/future-students/undergraduate/high-school-students/entry-schemes-and-pathways>

Open days for 2014–15

APM College of Business and Communication

North Sydney campus
16 August 2014
15 November 2014
9 December 2014

Australasian College of Natural Therapies

For information call 1300 017 267.

Australian Catholic University

Canberra campus 30 August 2014
North Sydney campus 6 September 2014
Strathfield campus 13 September 2014

Australian College of Applied Psychology

For information on these and other events, visit www.acap.edu.au
Information nights 7 May 2014, 16 July 2014
20 August 2014,
17 September 2014, 11 November 2014

Australian Maritime College

Beauty Point campus 31 August 2014
Newnham campus 31 August 2014
Campus tours can be arranged by appointment year round. Visit www.amc.edu.au/visit-amc

Australian National University

30 August 2014
For campus tours, visit <http://students.anu.edu.au/events/campustours.php>

Billy Blue College of Design

North Sydney campus
16 August 2014
11 November 2014

Charles Sturt University

Open day every day
For campus tours/appointments and course information, call 1800 DEGREE (1800 334 733) or visit www.csu.edu.au/campustour

CQUniversity

Sydney campus 3–7pm, 7 August 2014
Virtual Open Day (online only) 10am–7pm, 10 September 2014
For more information on these and other CQUniversity events, visit www.cqu.edu.au/events

Griffith University

Gold Coast campus 10 August 2014

International College of Management, Sydney

Manly campus 17 August 2014

Jansen Newman Institute

Pymont campus 10am–1pm, 3 May 2014
16 August 2014, 15 November 2014
Jansen Newman Institute holds regular open days and information sessions at the Pymont campus throughout the year. Visit www.jni.edu.au or call us on 1800 777 116 to reserve a place.

La Trobe University

Albury-Wodonga campus 29 August 2014
Mildura campus 13 August 2014

Macleay College

Surry Hills campus 23 August 2014, 17 January 2015
South Melbourne campus 23 August 2014, 17 January 2015
But open day is every day. For a personalised campus tour, call 1300 939 888.

Macquarie University

13 September 2014

MIT Sydney

For campus tours/appointments and course information, call (02) 8267 1400 or visit www.mit.edu.au

National Art School

For information call (02) 9339 8651.

SAE Creative Media Institute, Australia

For information call 1800 723 338.

Southern Cross University

For personalised campus tours and special events, call 1800 626 481 or (02) 6620 3975 or visit www.scu.edu.au/campustours

Sydney Institute of Business and Technology (SIBT)

For information call (02) 9850 6222

University of Canberra

30 August 2014

University of New England

2 May 2014

For personalised tours, call 1800 818 865 or visit www.uned.edu.au/campustours

University of Newcastle

Newcastle campus (Callaghan) 23 August 2014
Central Coast campus (Ourimbah) 16 August 2014
Port Macquarie campus 7 August 2014

University of Sydney

30 August 2014

University of Technology, Sydney

City campus 30 August 2014
Kuring-gai campus 6 September 2014

University of Western Sydney

Parramatta campus 31 August 2014
UWS Campus Experience tours are held throughout the year. To register, visit www.uws.edu.au/campusexperience or call 1300 897 669.

University of Wollongong

Wollongong campus 16 August 2014

UNSW Australia

6 September 2014
Australian Defence Force Academy, Canberra 30 August 2014

William Blue College of Hospitality Management

North Sydney campus
16 August 2014
15 November 2014
9 December 2014

For information on school visit days, contact individual institutions.



The Twentieth Annual
Year 12 Careers Night
Pathways to University

Wednesday 20th August 2014

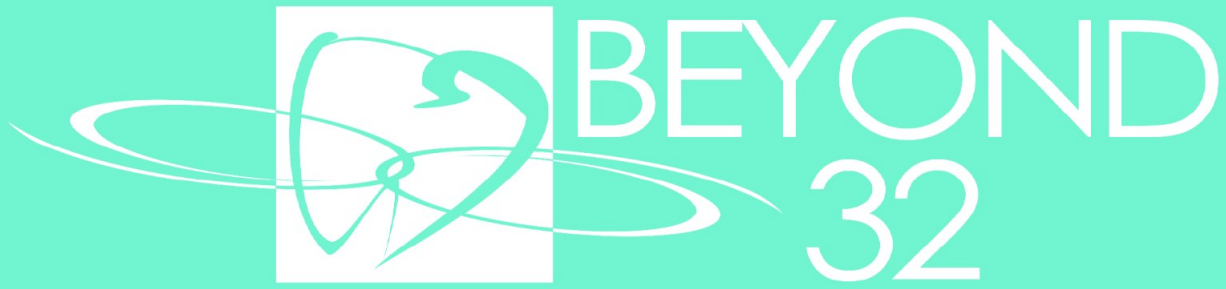
for Students Attending

<i>Asquith Boys High</i>	<i>Galston High</i>
<i>Castle Hill High</i>	<i>Northholm Grammar</i>
<i>Cherrybrook Technology High</i>	<i>Oakhill College</i>
<i>Epping Boys High</i>	<i>Pennant Hills High</i>

and their Parents

**Multi Purpose Centre
Cherrybrook Technology High School
Purchase Road
Cherrybrook
Commencing at 5:30pm**





Your local dentists in Cherrybrook Village



Due for a check up?

We welcome all new patients by offering **NO GAP*** initial check up and clean. Call us today!
*Apply to all health fund members for a limited time only

We accept **Medicare Child Dental Benefit Scheme** which allow eligible children to have \$1000 worth of dental treatment over a 2 year period
Check your eligibility today with Medicare or call us for more information.

Why choose us?

- Convenient location
- Gentle, professional family-focused practice
- State-of-the art facility + kids- friendly environment
- We open late Thursday and Saturdays
- Hicaps claiming on the spot
- CBHS members choice provider

Beyond 32 Dental 創造了一個新時代口腔醫療及保健的觀念與空間，帶給您全然不同的看診。

在這裏，林醫師和鍾醫師澳洲畢業，經驗豐富，精通國語和粵語，加上高科技的先進診療設備，提供您量身訂做的整體治療計畫，在無壓力的環境及氛圍裏解決您切身的問題，尋回您的自信與丰采，再造您的健康與微笑

定期檢查

本診所設有低輻射劑量數位X光機，提供牙齒周邊相關組織全方位的檢查。並利用口腔內視攝影機，讓顧客在電腦螢幕上直接看見牙齒問題，並參與討論，降低傳統看牙時的緊張情緒。完善的問診與制定治療計畫，可以提供後續妥善與專業的照顧。

Cherrybrook Shopping Village
Shop 51, 41-47 Shepherds Drive
CHERRYBROOK NSW 2126

P: (02) 9980 6667
M: 0449 945 667
E: info@beyond32.com.au

ONLINE BOOKING IS NOW
AVAILABLE. VISIT US ON:
www.beyond32dental.com.au

Body Image Parent Forum

This Body Image forum will explore the pressure being placed on young people to be an 'ideal' shape and size. Discussion will cover current social media trends and also clarify myths and assumptions about body image and related disturbances. For bookings go to youth@kmc.nsw.gov.au



Date: Monday 18 August

Time: 6.30pm

Venue: Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon

Evening English classes starting up soon at West Pennant Hills Community Church

These classes will be on Wednesday evenings 7-9pm during school terms at 41-43 Eaton Rd, West Pennant Hills. The first class will be on Wednesday 20 August and the cost will be \$3 per week.

For more information or to register, contact us on 9872 4200 or email wphcc@wphcc.com

FIRST AID

Please note Cherrybrook Technology High School does not have any medical practitioners on the premises. We provide first aid assistance to students who are unwell or injured. ***Please be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc.***

DIARY – Term 3 Week 5A

DIARY – Term 3 Week 5A	
Monday 11 August	<ul style="list-style-type: none"> • HSC Textiles & Design hand-in Day • 7T Special Interest Project • Yr 11 Biology Olympiad Exam
Tuesday 12 August	<ul style="list-style-type: none"> • Yr 11 Visual Arts Assess Task • 7T Special Interest Project
Wednesday 13 August	<ul style="list-style-type: none"> • Yr 11 Chemistry Assess Task • 7T Special Interest Project • Duke of Edinburgh Bronze Walk • Yr 11 CAFS hand-in Task - due 8:30am
Thursday 14 August	<ul style="list-style-type: none"> • Yr 8 Mathematics Assess Task • Yr 7 Study Skills • 7T Special Interest Project • Yr 11 Physics Olympiad Exam • Duke of Edinburgh Bronze Walk
Friday 15 August	<ul style="list-style-type: none"> • Yr 11 Ancient History in-class Essay • 7T Special Interest Project • Yr 9 Assembly - Camp Information