

NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 2

Week 7A

5 June 2015

DEPUTY PRINCIPAL'S REPORT



P&C Meeting

The next P&C meeting will be held on Tuesday 9 June in the staff common room. These evenings provide a wonderful opportunity for parents and community members to learn what is happening at CTHS, as well as meeting other parents within our school community. Apart from the regular agenda items, there will be a STEM presentation showcasing Stage 5 students' work for this semester.

STEM Presentation Evening

An invitation is extended to all parents who are interested in attending the STEM Project Presentation Evening, which will be held in C2.1 on Tuesday 9 June 2015 at 6:00pm. For those who are unaware, STEM stands for Science, Technology, Engineering and Mathematics and is a Federal Focus in education. CTHS is currently implementing STEM into the Stage 4 and 5 curriculum, which to date, has proven to be quite popular. STEM seeks to incorporate practical problem-solving skills into Project-Based Learning, whilst integrating Scientific and Mathematical concepts into the solution. If you wish to attend please register at <http://goo.gl/forms/6z5ESLDg56>.

Super Mega Happy Week

What a week it has been! Monday signalled the start of this fun-filled SRC initiative, which featured a Food Olympics and other challenges. On Tuesday I had the pleasure of judging the Talent Quest, which featured some extraordinary talent. Congratulations needs to be given to the number of Year 7 students who participated in this event. Wednesday was a Cosplay-themed mufti day and some of the outfits were out of this world! Thursday featured a commando course, and get ready for the footage from the world record attempt which took place today at lunchtime. That will be something to see! Congratulations to the SRC for their imaginative ideas and organisation of this event.

Year 11 High Achievers' Morning Tea

The gifted and diligent students of Year 11 were invited to attend the High Achievers' Morning Tea at recess on Wednesday, which affords us the opportunity to congratulate and acknowledge the top all-round students of Year 11. The students enjoyed a particularly fine morning tea with the hot food being very popular, which is not surprising given the frigid temperatures we have been experiencing this week. Students discussed their future plans and aspirations with the Senior Executive, Stage 6 Head Teacher and Year Advisers. Congratulations to the following students who were identified through the AP1 reports as being exceptional: Ellen Cameron, Doris Che, Sidath Dissanayake, Kaitlin Douglas-Gray, Winston Foo, Jack Fu, Eduard Geyl, Victoria Gupta, Aaron Kan, Nikita Kapahi, Charmaine Hiu Bing Lau, Janice Luo, Brendan McKee, Anuradha Narayan, Dominik Strbik, Chris Swanepoel, Catherine Thomas, Keshini Vijayan, Divya Vythilingam, Veronica Wolf and Leo Xiang.



Year 11 High Achievers

Duke of Edinburgh

The fearless and intrepid adventurers, otherwise known as the Duke of Edinburgh members, departed the school bright and early Monday morning, for a two-day expedition from Otford to Bundeena. This 27km hike through the Royal National Park hugs the coast and is one of the most picturesque areas in Sydney. The students were particularly well behaved and reported the walk to be enjoyable, physically demanding and an amazing experience.



Wellbeing

As a part of our ongoing commitment to improve student development and wellbeing, we would like to share a couple of new websites, which focus on the wellbeing of the child. The first Bite Back www.biteback.org.au is a place which challenges the youth to look more at the *positive*, as opposed to focussing on the *negative*. It provides the opportunity to share with others, check-out videos, blogs and interviews, as well as providing the facility to check and track your mental fitness and find out more about yourself.

The second resource is an interactive online learning course about becoming mentally stronger and improving resilience. It has been developed by the Black Dog Institute and is designed to help young people understand resilience and develop strategies to assist youth, enabling them to get through the tough times in life. The address for the website is www.blackdogLMS.com and the course is called MindStrength. In addition, Black Dog Institute has a training area, which parents can access to acquire support mechanisms for their child.

WHAT'S IT ALL ABOUT?

MindStrength is an online course developed by Black Dog Institute for young people aged 14 - 16. It's designed to help you understand what resilience is and how it can help you get through the tough stuff in life. The course includes:

- five short, interactive and engaging modules supported by helpful explainer videos
- useful resilience building strategies including mindfulness meditation, controlling emotions, identifying your strengths and a step by step process for problem solving

Access the course online at: www.BLACKDOGLMS.com



Congratulations to...

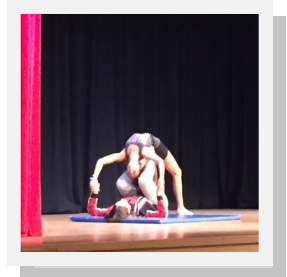
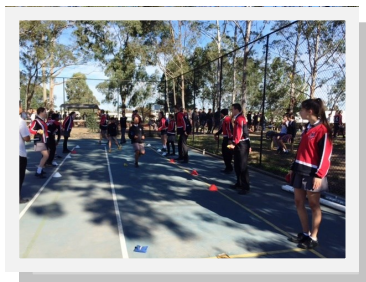
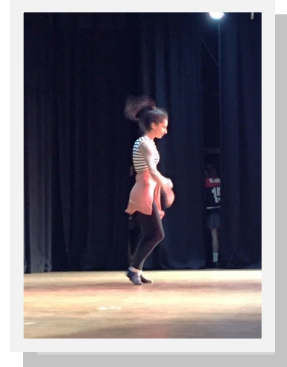
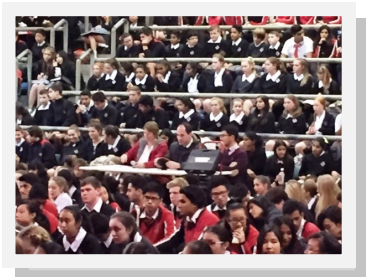
- Grace Junkkari, Year 11, who received the inaugural Hornsby Ku-ring-gai and Hills District Cricket Association's award for Female Cricketer of the Season.

Mr Townsend

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.**

Super Mega Happy Week



Super Mega Happy Week



Youth
Ambassador:
2015



STEPHANIE SEMLER

Age:
20

Location:
Sydney

Study info:
I'm currently in my third year of a Bachelor of International and Global Studies from Sydney University with a major in Government and International Relations, specifically with an interest in public policy and human rights.

Background:
I graduated from Cherrybrook Technology High School in 2012 where I was the Social Justice Representative on the Student Executive. I have been involved in debating and public speaking experiences since primary school and I have a passion for literature. I spend far too much time reading and playing soccer!

Key learning from immersion trip to Vietnam:
I was given the opportunity to see the power aid has to transform lives so I want to show young people that their actions have an

immense impact overseas – whether that is through raising money, advocacy or even ethical shopping. I am particularly interested in speaking about the interaction between poverty and human rights as well as how intrinsically linked the Christian faith and fighting against global injustice are.

Availability:
Steph is available to speak about her stories and experiences, and share how your students can make a positive impact through World Vision this year.

Contact:
Contact Jess Hayman on 0413 701 004 or email jessica.hayman@worldvision.com.au to enquire about Steph speaking in your community.

Social media:
Instagram: @stephsemler
Twitter: @stephsemler

Whooping Cough

With the cold weather setting in, we would like all parents to be aware that **whooping cough is highly contagious** and can be spread quite easily in a school environment.

- Whooping cough usually starts with symptoms like a cold, such as a runny nose and dry cough, which last for about one week.
- After that, a more definite cough develops, which may last for many weeks. The cough comes in long spells and often ends with a high pitched 'whoop' sound when they breathe in.
- Some children cough so much they vomit afterwards.
- Children are usually well between coughing spells.
- In more severe cases, babies and children may have problems catching their breath after a coughing spasm.
- Other infections such as pneumonia (chest infection) and middle ear infections are common.

If you are concerned about your child's health, please follow the department of Health's guidelines below:

- **Children with symptoms should see a GP.**
- **If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken 5 days of antibiotics.** Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it's a good idea to check that they are up to date with their vaccines.

If your child is diagnosed with whooping cough, please notify your child's Stage Head Teacher.

Further information on whooping cough can be found at:
http://www.rch.org.au/kidsinfo/fact_sheets/Whooping_cough/

Mr Hind, Head Teacher Welfare

Tuesday's Drama Excursion to Bondi

A very icy morning greeted our forty five drama students as we awaited the arrival of our charter bus to take us to the Bondi Pavilion to see Illuminate Educate's production of Neighbourhood Watch. This play was recently added to the list of HSC drama texts for study in the Stage 6 course. Our Year 12 drama students were all a flurry, busily noting down their responses to the play. It was great to have other year groups aboard and the show was enjoyed by all.

Grease IS the Word

There was a tremendous surge of interest generated by the recent call to all promising hopefuls to try out for next year's CTHS musical, *Grease*. Here is a comment from a courageously star-struck Madison Brown:

"This was my first musical audition for the school so it was quite nerve wracking as I am not a confident singer. Luckily, we were able to audition in groups of around twelve people which made the process faster and less daunting. My partner, Sandya and I gave the audition all we had, dancing our hardest whilst attempting to sing in time with the others. It was a really fun experience and I hope that I will be able to perform with my friends in this great musical."

Auditions for the leads have been conducted and some tough decisions are now being made by Miss Holt and Mr Jones as they consider their casting options.

Ms Cannon



CTHS wins Mock Trial against Hills Grammar

Last Wednesday, the Cherrybrook Mock Trial Team participated in the third round of the NSW Law Society Schools Mock Trial Competition. We were set the task of proving Ashley Stone (Amelia Smilie) not guilty of dangerous driving. Our barristers, Nikita Kapahi and Ellen Cameron worked tirelessly, together with our solicitor, Anuradha Narayan, to form a solid case to defend our client. Working well as a team, our Court officer (Hansika Muthukuda) and witnesses Ashley Stone and Bailey Torrington (Natalie Windsor) helped to successfully defend our client. After all our hard work before and during the trial, we were well rewarded with a win, defeating Hills Grammar. All participants enjoyed both the challenges and the rewards of the experience. Many thanks to Mr Fernandez for his support and organisation of our team for the trial and to our coach Mr Cameron whose insights were of great assistance. Best of luck to the students representing Cherrybrook in Round 4!

Hansika Muthukuda, Year 10

World Vision's Global Leaders Conference

On Wednesday 3 June, a group of Year 10 students from CTHS participated in World Vision's Global Leaders Conference. The focus of the conference was on the impact of global issues, and we learnt about inequities and injustices in our world, especially with regard to food and hunger.

In many countries around the world, children regularly go hungry. Living in poverty, their families aren't able to buy food or grow enough crops to sustain their needs. Hunger means much more than just an empty stomach. It can effect vital organs like the heart, liver, kidneys and brain, lead to long term malnutrition and impair mental development. So when they grow up, they're less able to support their own families. And so the cycle goes on.

Attending the conference, meeting students from other schools and listening to some truly inspirational speakers, was an amazing experience. Most of all I think we left feeling empowered in the knowledge that each one of us can facilitate change and should take a stand for what we believe in. As Nelson Mandela said, *"We can change the world and make it a better place. It is in your hands to make a difference."*

We would like to thank Ms Corbett for accompanying us on the excursion.

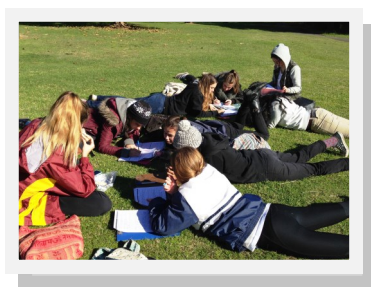
Amelia Craig, Year 10



Year 11 Biology Excursion

On Monday, Year 11 biology went on an excursion to the Field of Mars. Despite the cold conditions, everyone had a terrific time. We warmed up while climbing Sugarloaf Hill and carried out a transect to compare the biodiversity of plants at the top of the ridge with the plants along the fire trail. Plants were identified, abiotic factors were measured (and remeasuredand remeasured). We then walked through the bush down to Lane Cove River and around the edge of Sugarloaf Point, identifying animals and plants and working out the possible interactions between the organisms. A sunny spot was found to relax over lunch whilst making sure the worksheets were filled in correctly. After lunch, we investigated the abundance of crabs in the intertidal area of Buffalo Creek. We picked up crabs, counted crab holes and observed the growth and adaptations of the mangroves in area. This excursion, part of the Biology Preliminary Syllabus, was a great way to learn about our local ecosystem. An assessment task based on this excursion will take place during Week 10.

Mrs Howard



Year 11 Biology Excursion



• Monday Madness •

ft. Food olympics and mini-game challenges. Because who decided the olympics should only happen every four years?

• Talent Quest Tuesday •

CTHS' home grown talent battles it out to win prizes and points. We might not have Kyle Sandilands, but we have Mr An!

• Wear What You Want Wednesday •

Tech is hosting Cherry- Con, your chance to release your inner fanboy/girl, show everyone what #team you're on and strut your stuff in your best cosplay

• Three, Two, One... Thursday •

Calling all GI Joes and GI Janes, is this Vietnam circa. 1968 or is it the MPC? Complete our commando course to find out!

• Famous For the Right Reasons Friday •

The grades unite to break the world record for longest high- five chain. The current record stands at 1,647 participants... the canteen lines on a hot day are a small price to pay for our record breaking potential

WEEKLY SPORTS REPORT



Congratulations:

- Well done to the U15 boys' soccer who defeated Castle Hill High School 1-0 in nerve-racking extra time at the Bill Turner Cup; amazing effort to Joshua Adams who scored the winning goal.
- Congratulations to Jonathon Dickson, Jordan Adams and Declan Lee for their amazing participation in the CHS AFL carnival.
- Congratulations to the boy's baseball on their fantastic efforts winning in Round 3 of the knock-out rounds. Good luck for the next round boys! (picture above).

Upcoming Events:

- Best of luck to the boys' knock-out volleyball playing in the final in the Sydney North Competition.
- Sydney North Cross Country, Thursday 11 June: Bus will be leaving from the school bus bay at 7:30am. If you have any questions, please contact the PE teachers as soon as possible. Well done and good luck to all competitors who made it to this round.

| Date | Event |
|-------------------|---|
| Tuesday 9 June | Girls' soccer will be playing their fourth round playing against Mackellar Girls, good luck girls |
| Thursday 11 June | Sydney North Cross Country |
| Friday 12 June | Year 9 and 10 touch teams will be playing in the State Touch Championships; best of luck to all teams |
| Wednesday 17 June | 16 years girls and open futsal Regional Championships |
| Thursday 18 June | 14 years futsal Regional Championships |
| Thursday 18 June | Open boys' futsal Regional Championships |
| Friday 19 June | 16 years boys' futsal Regional Championships |
| Wednesday 24 June | Zone Athletics |

Grade Sport:

- Congratulations to all teams on their first round against Turramurra last week; an amazing effort by all. It looks like this season could be a tough competition, but Cherrybrook will stand strong!
- Last week's winning grade teams were AFL, boys' volleyball, boys' hockey, open soccer A team, girls' basketball, girls' hockey, open netballers, Oz Taggers and girls' soccer B team.

Zoe Anstee and Chloe James, Sports Promotion Officers

CAREERS UPDATE

Western Sydney Careers Expo

All students in Years 10 and 12 have a fantastic opportunity to explore their career pathways for the future. Students can access career information from universities, TAFE colleges, private providers and employer groups. This is a compulsory excursion and the cost remains at \$15. Please return your completed permission note, with payment, to the student window.



Permission notes can be downloaded from the school website by clicking on the following link:

http://www.cherrybrok-h.schools.nsw.edu.au/?page_id=2872

HSC Trial Preparation Lectures

HSC Trial Preparation Lectures at UTS, Macquarie University, UOW and the University of Newcastle. During the July holidays, a series of lectures will be held with experienced HSC teachers/markers. These two-hour lectures cover the core areas of study, tips/strategies for each section of the exam and detailed study notes. Prices start at \$20. Visit <http://hscintheholidays.com.au>, 1300 677 336.

Housing Industry Association Short Courses

HIA offers a range of short course training and workshops for the Building and Construction Industry including Asbestos Awareness, Construction Induction Card, Intro to Timber Framing Code and much more. HIA can provide starting skills for students interested in this field. For more information, contact Training Services at act_training@hia.com.au or (02) 6285 7300, website:

<http://www.hia.com.au>

Project Management Winter Camp

The University of Sydney, 9-10 July 2015. Our two-day workshop will give students in Years 10-12 an understanding of what project management is and teach them how to tackle complex projects. Students will get the chance to participate in real-life case studies, learn from industry leaders and visit a leading global IT company to see projects in action. Register your interest www.sydney.edu.au/project-management/winter-camp

Macleay College Career Taster Days

Macleay College would love students to experience our fun and engaging Career Taster Workshops! Students can attend multiple sessions which are designed to showcase various career options. Monday 29 and Tuesday 30 June. For bookings and session times, please click the following link:

<https://goo.gl/BrvnPx>



Opportunities for HSC Students

Do you have HSC students who would make great teachers? The timing couldn't be better as the Department launches the 2016 suite of scholarships and cadetships assisting students financially and ensuring a permanent teaching position to begin their successful career in teaching. Register your interest here:

<http://www.dec.nsw.gov.au/about-us/careers-centre/school-careers/teaching>

Bedford College, Leadership and Management Diploma

Bedford College is excited to announce we will be offering the new Diploma of Leadership and Management course. Commencing with our Monday 13 July intake, this course requires **no** ATAR and provides automatic entry (with credit) into a range of leading universities. For more information, please contact the college on 1300 174 174 or visit our website <http://www.bedford.edu.au/>

Mrs Ferguson and Mrs Bower

UPDATE OF PERSONAL DETAILS

It is important that parents/guardians keep the school informed of any changes to their personal details. Current contact information is essential, not only in the event of an emergency, but so we may also keep all parents/guardians up to date with their child's progress and attendance, and communicate any concerns which may arise.

If there have been any changes to your personal details, please obtain a 'Change of Student Personal Information' form from the front office or student window, complete and return as soon as possible.



Come and enjoy the music and dance whilst connecting with your local groups and services all in one spot.

When: 9:30 am to 12:00pm, Tuesday 30th June

Where: Main hall of the Pennant Hills Community Centre (in Library building),
Cnr Yarrara Road & Ramsay Road, Pennant Hills

Cost: Free.

Booking: Bookings essential. Booking online at trybooking.com/HMJB. For more information please call Fiona 9476 9715, Shantha 0422 082 608 and Jaesook 9869 7138.

hornsby.nsw.gov



Epping Community Hub



MISSION AUSTRALIA
Integrity in every step



Study Stress Workshop for High Schoolers

We're running a half-day study stress workshop in the upcoming school holidays. It's all about achieving balance in senior high school, and learning techniques that help students stay calm, productive and focused when studying, but enable them to 'let go' of worries when they take a break from the books.

The workshop will run from 10am - 1pm on **July 8**, at our Lindfield offices. There's a small fee (\$20 per participant) to help cover our costs, including all materials and morning tea. The workshop will be led by members of our counselling team, and numbers are limited.

Enquiries and bookings to: kyds1@biapond.com or 9416 9824.

About KYDS

KYDS is an independent, non-profit organisation providing vital free and confidential counselling, education, and mental health support services for teenagers and families across Northern Sydney.

We provide more than **2,000** one-to-one counselling sessions each year, helping young people deal with issues such as grief, loss, school and study stress, family break downs, drugs, alcohol, addictive behaviours, body image and self-esteem concerns, self-harm and suicidal thoughts.

KYDS receives no on-going state or federal government funding, and relies entirely upon fund-raising, donations and community support to continue operating. In the face of increasing demand for our services, we need your donations more than ever.

Cheques to: KYDS, PO Box 556, Lindfield, NSW 2070

CHERRYBROOK
DRIVING SCHOOL

SERVICING YOUR DRIVING EDUCATION



CHERRYBROOK
DRIVING SCHOOL

Want a FREE driving lesson?

Cherrybrook Driving School is actively involved in KEYS 2 DRIVE, Australia's largest national driver safety program for beginner drivers.

Funded by the Australian Government



KEYS 2 DRIVE is a youth road safety program which provides learner drivers and their parent / supervisors with a FREE 60 minute session with an accredited KEYS 2 DRIVE driving instructor.

For a **FREE Keys 2 Drive Lesson** visit Keys 2 Drive website at www.keys2drive.com.au and select

SAM  **SAKHAEE**

as your KEYS 2 DRIVE Accredited Instructor.

Contact us at:

info@cherrybrookdrivingschool.com.au

or send a text message to 0405 696 417

For more information, please visit our website at

www.cherrybrookdrivingschool.com.au

THE CTHS TRIVIA NIGHT

FRIDAY THE 19th JUNE

Students, families and friends of the CTHS community are invited to a fun filled night of trivia with all money raised going to support our sister school in Cambodia and the charitable work of the Social Justice Club.

Date: Friday 19th June 2015

Time: 6pm

Venue: CTHS MPC

Cost: \$10 per person, or \$80 for a table of 10 people.

Tickets to be purchased online at <http://www.trybooking.com/HYZ>.

This is an alcohol free event. BYO own snacks and drinks.
Show your school spirit and grab a ticket!

PROCEDURE FOR EARLY LEAVERS

If a student needs to leave school early, they **must** provide a note from their parent/guardian giving reasons for their partial absence. **The student must hand the note in at the student window before 8:30am** where they will be issued with a leave pass. They can then present this pass to their teacher and leave school at the appropriate time.

On Thursdays (sport days) all students in Years 9-11 must have their early leave notes signed by a member of the PE staff before presenting to the office.

CALENDAR - Term 2 Week 8B

| | |
|----------------------|---|
| Monday 8 June | <ul style="list-style-type: none"> • Queens Birthday Holiday |
| Tuesday 9 June | <ul style="list-style-type: none"> • Year 11 Business Studies Zoo Excursion • P&C Exec Meeting - 7pm, A Block Conference Room • P&C General Meeting - 8pm, Staff Common Room |
| Wednesday 10 June | <ul style="list-style-type: none"> • Year 11 Biology Excursion |
| Thursday 11 June | <ul style="list-style-type: none"> • Sydney North Cross Country |
| Friday 12 June | <ul style="list-style-type: none"> • Year 12 Business Studies Student Conference Excursion • Stage 5 Market Day • Year 9 Reports Emailed |