

# NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 4

Week 4B

30 October 2015



## DEPUTY PRINCIPAL'S REPORT

### Year 11 High Achievers' Morning Tea

Wednesday recess of this week provided an opportunity to congratulate 23 Year 11 High Achieving students for their excellent results in a range of Preliminary HSC courses. Each student received an outstanding report following the recent AP2 examinations. Students enjoyed a fine morning tea and discussed their results and hopes leading into the HSC, with the School Executive, their Stage Head Teacher and their Year Advisers. These students exemplify the hard work many Cherrybrook Technology High School students put into their studies.

Congratulations to Georgina Banfield, Ellen Cameron, Doris Che, Sidath Dissanayake, Kaitlin Douglas-Gray, Winston Foo, Jack Fu, Eduard Geyl, Victoria Gupta, Aaron Kan, Nikita Kapahi, Charmaine Lau, Jayna Lee, Brendan McKee, Anuradha Narayan, Laura Stockwell, Dominik Strbik, Chris Swanepoel, Catherine Thomas, Keshini Vijayan, Divya Vythilingam, Leo Xiang, Zhuo Yeung.

Mr Johnson commented on the overall high standard of the entire cohort's reports, which is very pleasing.



### Sleep and High School Students

We are seeing an increasing number of parents who are concerned teenagers are having insufficient sleep and are finding it difficult to 'switch off'. A recent study quoted by Michael Carr-Gregg, has shown that over 30% of primary school students and 70% of teenagers have insufficient sleep. This is having significant consequences on many areas of their lives such as:

- **Learning and memory** - sleep helps concentration and motivation along with consolidation and strengthening of new information and memories
- **Emotional and mental health** - studies show children who are sleep deprived are more likely to suffer from depression and anxiety, negative body image and low self-esteem
- **Behaviour and decision making** - sleep deprivation affects decision making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents
- **Body systems** - sleep deprivation affects children's physical growth, brain development, immune system and plays a key role in weight gain.

Some strategies to discuss with your children who are struggling with sleep patterns may be to:

- Recognise that their knowledge and attitudes towards sleep has profound effects on their personal health, resilience and performance in all areas
- Recognise signs of insufficient sleep and the effect this is having on themselves and others
- Identify where they may impact other people's sleep health such as late night communication and social media
- Use tools such as a sleep diary to identify the correlation between adequate sleep and their own focus, energy and mood
- Use a timetable for effective prioritisation of time
- Establish a Personal Action Plan to identify habits, understand impact and develop solutions.

We are planning to incorporate some sleep programs into our welfare initiatives in the near future.

### HSC Exams

Whilst the HSC exams continue into next week, many students at Cherrybrook Technology High School have finished their final exam and are looking forward to a well-earned break. Students will need to ensure that all the issued textbooks and resources are returned to the correct faculty in the manner arranged. This is required as part of the sign-out process. We look forward to seeing all of Year 12 again at the end-of-year BBQ on Thursday 17 December to share their joys, achievements and aspirations for the future.

### Cherrybrook Markets

The first market day was held on Saturday. While numbers were not huge, the steady stream of people through the gates was sufficient for most store holders to deem the day a success. With Christmas coming up, the markets next month may provide an opportunity to purchase gifts. The Christmas puddings on sale this month certainly tasted delicious and would be an excellent purchase for all the time poor people of Cherrybrook.

Mrs Bevan



### Year 6 into 7 Transition Curriculum Sharing Day

Last Friday I had the pleasure of presenting to a group of visiting teachers from three local primary schools, Cherrybrook Public, John Purchase Public and Oakhill Drive Public. One of our key strategic directions in 2015 has been to develop stronger community links. The aim of the day was for teachers across our learning community to work together, share experiences, plan and evaluate middle school pedagogy to better cater for our middle school students. Head Teachers and KLA representatives from English, mathematics, science and HSIE were each allocated time to talk to the group. The day was very informative and evaluated as extremely worthwhile by all who attended. Our primary representatives were particularly pleased to discover what other schools were doing, which is something we don't always have time to do. The benefits of this meeting will flow through to all schools in better preparing our students during those important middle years of schooling and the transition between Years 6 and 7. Thank you to all the presenters on the day and to Ms Iacona for her organisation of the event.

### Cherrybrook Diwali Dhamaka 2015

Ms Donoghue, Mr Fisher and Mr Clements had the pleasure of attending the Cherrybrook Diwali celebration at the Cherrybrook Community Centre on Saturday evening. We were happy to accept the invitation from the organisers, the Australian Indian Cultural Committee, to such an important event on the Indian cultural calendar. It was pleasing to see a number of past and present students and their families at the event. Congratulations to Pallavi Suri, Kriti Gupta, Kamia Sood and Mathura Babu on their fine Bollywood performances. The proceeds from a raffle held on the night will be presented to the school at a future date. We would like to thank the organisers and the local Indian community for their support of the school. It was clear from discussions we had over dinner that CTHS is highly valued by our local families.



Mr Clements

### School Carparks

Boom gates have been installed to both school carparks. Parking is available to staff only, between the hours of 7am and 4pm school days. Ample street parking is available for visitors to the school.

### 2015 Inaugural Cherrybald Portrait Prize

On Wednesday 28 October the inaugural *Cherrybald Portrait Prize* was launched in the Cherrybrook Technology High School Library, with parents, students and teachers invited to vote during the day for the much sought after Viewer's Choice Award. We were fortunate to have special guest judges from the Hornsby Art Society and Blacktown Arts Centre to judge the winning portrait and which would receive the award of Highly Commended.

The judges were amazed at the sheer talent, dedication and technical skills of our young Year 7 artists and buoyed by what the future of creative arts promises with such Visual Arts' students as CTHS's Van Goghs of tomorrow! The subjects of the *Cherrybald Portraits* were diverse and consisted of identities across history, politics, human rights, sporting icons, actors, authors and of course family members.

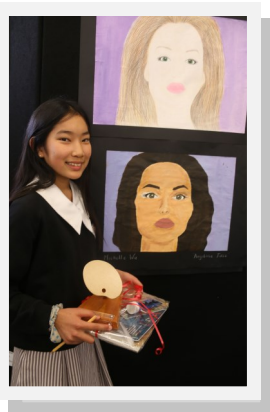
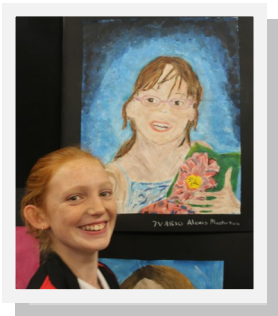
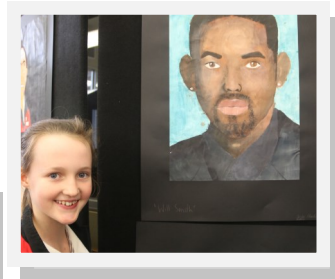
Jade Hsu, from 7VAR06, with her portrait of singer Troye Sivan became the first winner of the inaugural *Cherrybald Portrait Prize* and was awarded a trophy and special art pack prize. The much contested and highly sought after Viewer's Choice Award was won by Michelle Wu for her portrait of Angelina Jolie and Vihanga Senanayake was awarded a Highly Commended for his portrait of Nelson Mandela. Well done everyone!

The turnout for the 2015 *Cherrybald Portrait Prize* was tremendous, with visitors enjoying the special catering provided for the event by the Creative Arts staff. Visitors commented on how proud they were of all of the CTHS students and were amazed by the sheer hard work, dedication and technical skills they had displayed.

On behalf of all of the Visual Arts Teachers, I want to congratulate all the students and say how proud we are of their talent and dedication shown in the creation of their portraits as well as in class. We feel fortunate teaching such lovely students.

We look forward to next year's 2016 *Cherrybald Portrait Prize* and the ever burgeoning artistic talent of Cherrybrook Technology High School's Visual Arts' students.

Mrs Key





### Whooping Cough Information for Schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken five days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).

### 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.

### WESSSTA Junior Geography Trivia School Challenge

On Thursday 22 October, twelve of our Year 8 students represented CTHS at the WESSSTA Junior Geography Trivia School Challenge, a geography trivia challenge for Year 8 students around the Sydney region. We drove to St Mary's Memorial Hall to participate, alongside 34 other teams, at the event. These students were Raghav Lall, Daniel Monteiro, Emily Temby, Anayka Sharma, Chloe Chan and Matthew Downing in the T-class team, and Gianni Demopoulos, Shaariq Ali, Agni Sen, Adam Bourne, Tayden Lam and Nathan Hayes in the combined classes team named 'C team'. We got there, got some snacks and got into the competition.

We played ten rounds of trivia, working in these teams of six attempting to overtake the other team's scores. We battled through rounds of flag identification, selecting the correct spot for cities on the map and classifying coats of arms. The top team finished on 94 points, and our 'C-team' came fourth on 90 points, while our T-team finished on 81 points. Overall, it was a great day and we all had great fun while learning so much about different aspects of geography in our world.

We would like to thank Mr Gibbs for organising the day for us as well as driving the minibus to and from St Mary's Memorial Hall.

Nathan Hayes and Matthew Downing



### The Waiting Room

Milly Hall, Isabella Gilbert, Reese Daly, Keira Bellifemine and Jemma Harris are Stage 5 drama students who composed this written reflection to express how much they all enjoyed the experience of performing their original piece of group devised theatre at last week's Stage 5 Drama Performance Night:

"The connection between all of us in the group really gave us the confidence to take on such an emotional performance which was really close to our hearts. We were happy that we could make such a strong impact on the audience and bring some to tears. We really love how drama brings out a different side to us and lets us convey emotions and characteristics that we wouldn't always use in everyday life. Drama is a subject which you can truly be yourself and have lots of fun."

### Carry On and Go Grease Lightning

Tamsin Lancaster plays the role of *Jan* in our 2016 school musical, *Grease*. She has been very generous in providing us with the following insights into her experience as preparations continue for this terrific musical. Here is what she had to say:

"I was extremely eager to start the musical when I was given the role of *Jan*. I never expected to get such a big role. *Jan* is an American teenager who has two big, bushy pigtails most of the time and she LOVES food.



I originally signed up for the leads as I thought that if I were to go for it, I might get to sing a harmony in the chorus or something. Not knowing that I would get this role, they gave me *Jan* and I flipped, I stayed calm at school of course though! After a couple of rehearsals, I realised that I had already made friends and that I did the right choice of stepping out of my comfort zone to sign up for that leads audition. When I joined the 'Grease leads group', I worried about the fact that I'm only 13 and the rest of the leads were much older. But it turned out extremely well because everyone is very kind and welcoming and I couldn't have wished for a better group of people to work with. I love working as *Jan* amidst the exceedingly talented people in *Grease* this year and would LOVE to be in another musical again as the experience is something that all actors/dancers/singers should experience.

I love *Jan's* character as she is portrayed as a bubbly, charismatic person and a food lover. Throughout the movie, *Jan* is in a number of items, including *Mooning Over You* and *Raining On Prom Night*. The choreography adds to the amazing, charismatic vibe you get from all the actors as it is so well choreographed it looks stunning! (THANK YOU MISS HOLT!). I cannot wait to perform with everyone!

I suppose even a round of applause by the whole cast wouldn't even be enough for the effort that Miss Holt, Mr Jones, Mr Sirone, Ms Donoghue and Ms Cannon are putting in to make such an incredible performance. I, myself, would like to say a great, big Thank you to all of the teachers for providing this incredible opportunity for us that I will NEVER forget. THANK YOU!!"

There is a wonderfully energetic vibe and buzz in the rehearsal room every Tuesday and Friday afternoon. Miss Holt's energy seems limitless. It will be a really fantastic show.

Ms Cannon

**18TH NOVEMBER 2015**

**6:30 FOR 7PM START**



**\$5**

**M.A.D.D.**

**CHERRYBROOK TECHNOLOGY HIGH SCHOOL MPC**

**MUSIC VISUAL ART DRAMA DANCE**



## WEEKLY SPORTS REPORT



### **Congratulations to our Wanderer's Cup Teams**

On Tuesday this week both boys and girls teams from Years 7 and 8 competed in the finals of the Wanderers Football Cup at Blacktown International Football Park. As well as playing, our students got to meet and have photos with the Wanderers players who were training on a nearby field.

The boys qualified for the finals after an impressive run during the first stage of qualifying, but were up against some tough opposition in the finals and didn't manage to make it through the group stage.

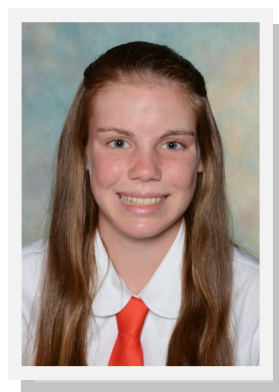
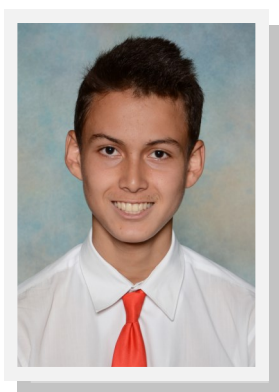
The girls also had a very tough group including 2014 runners-up, Riverside Girls High School, as well as Bossley Park High who have a specialist soccer program. However, as last year's champions, our girls were determined to make it through. Going into the last round match, the Cherrybrook girls needed a 4-0 win to make it through. In a fast paced match our girls recorded an impressive 5-0 win to progress to the Grand Final!

The decider was played against Cheltenham Girls and after conceding a goal early, Cherrybrook came back to win 2-1. The girls will be officially presented with the winning trophy at Pirtek Stadium on Sunday at half time during the Western Sydney Wanderers vs Perth Glory game.

### **Grade Sport**

- Last week's grade sport was washed out. Semi-finals next week, please check the list to see where you are playing
- The list of recipients for the sports assembly will be posted on the sports noticeboard. Please check to see if your name has been spelled correctly and if any awards are missing.

Kurt Perry and Emily Jones, Sports Promotion Officers



## CAREERS UPDATE

### **University and Private College Information**

#### **International College of Management Sydney Application Interview Days and Year 12 Evening**

Sunday 15 November, 9am - 12pm, 151 Darley Road, Manly. Saturday 21 November, 9.30am - 12pm, 1 O'Connell Street, CBD, Sydney. <http://www.icms.edu.au/news-and-events>

#### **International College of Management Sydney Year 12 Student and Parent Information Evening**

Thursday 3 December, 6.30pm - 8.30pm, 151 Darley Rd, Manly, Sydney. <http://www.icms.edu.au/event/parents-information-evening>

#### **The University of Sydney Film and Animation Showcase**

Tuesday 1 December, Camperdown Campus. <http://sydney.edu.au/compass/events/index.shtml>

#### **Macleay College Open Day**

Saturday 16 January, 9.30am, 28 Foveaux St, Surry Hills. Find course info, hear from students, Internship Program, campus tour, and hear lecturers from industry.

<https://macleay.edu.au/campaign/open-day-january-16>



#### **UNSW Space Talks**

Landing On A Comet - The Rosetta Mission. Tuesday 3 November, 6.30pm. The NASA Asteroid Redirect Mission. Thursday 5 November, 6.30pm. Clancy Auditorium, Gate 9, High St, UNSW Kensington Campus. Australian Centre for Space Engineering Research (ACSER) at UNSW. RSVP via <http://www.acser.unsw.edu.au/oemf2015/lectures.html>

#### **UNSW Science Work Experience Program 2015 Pilot Initiative**

Monday 30 November - Friday 4 December, 9am - 4pm, UNSW Kensington Campus. Years 10 or 11, gain work experience and explore interesting science careers. Contact: 02 9385 7788 or [studyscience@unsw.edu.au](mailto:studyscience@unsw.edu.au)

<http://www.science.unsw.edu.au/events/unsw-science-work-experience-program-2015-pilot-initiative>

#### **AIE Graduate Showcase**

Thursday 3 December, Canberra and Sydney Campuses. See graduating students' work. <http://www.aie.edu.au/graduate-showcase>

#### **TAFE Western Sydney Institute Information Technology Open Day**

Wednesday 4 November, 9.30am - 2pm, Building T1C, Nirimba College, Quakers Hill. Hear industry professionals, career opportunities and pathways to university. Call: Paul Cheleski on (02) 9208 7492 or [paul.cheleski@tafensw.edu.au](mailto:paul.cheleski@tafensw.edu.au). Tim Smith on (02) 9204 4641 or Nathan Rose on (09) 9208 1877 or [nathan.rose@tafensw.edu.au](mailto:nathan.rose@tafensw.edu.au)



### **Jobs, Training and Careers**

#### **Psychologist Pathway**

The Australian Psychological Society explains it takes a minimum of six years in education and training (undergraduate study, postgraduate study, internship and a registrar program). <http://www.psychology.org.au/studentHQ/studying/study-pathways/>

#### **Australian Training Company 2015 School Leaver Information Sessions**

Traineeships Tuesday 15 December, 9.30am - 11.00am, Homebush. Traineeships Wednesday 20 January, 7pm - 8.30pm, Homebush. Opportunities and interviews. Contact: Jade on (02) 9704 1500 or (02) [jupton@austrq.com.au](mailto:jupton@austrq.com.au)

Visit <http://www.austrq.com.au/>

#### **Greencross Vets Nurse Internship Program**

Closes Sunday 15 November. A nine month program including paid work and Certificate II in Animal Studies.

Contact: [internships@greencrossvet.com.au](mailto:internships@greencrossvet.com.au), <http://www.greencrossvet.com.au/Careers/Internship-Overview.aspx>

#### **The Job I Love Guide**

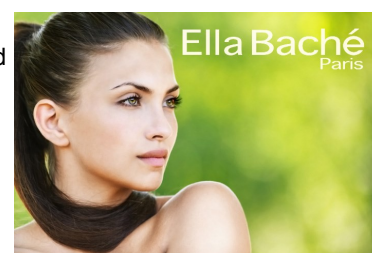
Careers within the service industries with qualifications and training advice. Download it here: <http://thejobilove.com.au/>

#### **Ella Baché College of Skin and Beauty Therapy Open Day**

Saturday 9 January, 11am - 1pm, Level 2/77 Berry Street, North Sydney. Learn courses and career options.

<http://www.ellabachecollege.edu.au/study-on-campus/attend-a-college-open-day>

Mrs Bower, Mrs Kesby and Mrs Mitchell





**SNC**The Friendliest Club  
for ALL local women!**Join us!**

If you're new to the area, love trying new places or just want a group of regular friends to get together with, then we're exactly what you're looking for!



We are so much more than a women's social club; there's events to satisfy most interests. Our members are of all nationalities, all ages and from all walks of life. We love getting together for a coffee, movie or a bit of R & R at the weekend. We have a regular group of women who you'll consider good friends in no time at all.

Get in touch with us at:

[sydneynewcomers.com.au](http://sydneynewcomers.com.au)**STOP** the supply of alcohol to minors.**You're a parent,  
not a mate.**

Secondary Supply of alcohol to a person under 18 years is against the law\* and results in a minimum on the spot fine of \$1,100 or fine of up to \$11,000 and/or 12 months imprisonment. NSW Liquor Act 2007 [www.stopthesupply.org.au](http://www.stopthesupply.org.au)

\*Unless you are the parent or guardian

Credited by Northern Beaches Community Drug Action Team (CDAT)  
Concept & Design by Tashua Directors

Privately supported by: Northern Sydney Local Health District | Hornsby Ku-ring-gai CDAT | Hornsby Shire Council

## CLOTHING POOL

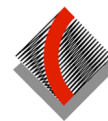
### CHERRYBROOK TECHNOLOGY HIGH SCHOOL UNIFORMS

If you would like to purchase second-hand Cherrybrook Technology High School uniforms, First Cherrybrook Scout Group operates a clothing pool for your convenience.

First Cherrybrook Scout Group clothing pool operates through the kind donations of Cherrybrook Technology High School families. All donations of CTHS uniforms will be happily accepted. Please contact Sara Mitchinson to arrange a drop-off. E: [uniforms@cherrybrookscouts.com](mailto:uniforms@cherrybrookscouts.com).



Open 17 Nov & 8 Dec 2015  
between 7:30pm - 8.30pm  
(regular opening times TBA)  
First Cherrybrook Scout Hall  
Appletree Drive, Cherrybrook



### CALENDAR - Term 4 Week 5A

Monday 2 November	<ul style="list-style-type: none"> <li>Year 11 VET Work Placement Commences</li> </ul>
Friday 6 November	<ul style="list-style-type: none"> <li>Junior Assessment Task - Year 10 Maths Exam (Year 11/12 pre-test)</li> <li>Year 11/12 VET Work Placement ends</li> <li>Year 9 Yearly Science Examination</li> </ul>