

NETWORK

CHERRYBROOK TECHNOLOGY HIGH SCHOOL

Term 4

Week 1B

14 October 2016

DEPUTY PRINCIPAL'S REPORT



Term 4

A big welcome back to the entire school community for the final term of 2016. Term 4 is always an extremely busy time with assessments being completed by students and the preparation of reports by staff.

With the onset of warmer weather and the change to summer uniform, it is timely to remind everyone of the correct uniform, which can be found on the school's website <http://cths.nsw.edu.au/information/uniforms-and-backpacks/>. Students are also reminded black leather business shoes must be worn as part of the summer uniform, particularly for practical classes, in order to comply with WH&S requirements. If students have a genuine reason not to be in the correct school uniform, they must provide a note from their parents or guardians, otherwise they will receive a lunchtime detention.

Year 12 Formal

The last day of school in Term 3 was memorable for our Year 12 students for a number of reasons. Foremost of these was the night they shopped, prepared and looked forward to for some time, the Year 12 Formal! Makeup artists and hair salons in the local area had obviously been busy during the day as the transformation many undertook was simply amazing. The event kicked off early in the evening at Curzon Hall and our young men and women arrived right on cue, dressed impeccably, for what was to be an amazing night. The event was well attended by staff, who were keen to celebrate, as is tradition with their Year 12 students. It was a great opportunity to unwind from what has been a busy time for our senior students and I know many photos and good memories were taken away from the night.

A special thanks to the Year Advisors, Mr Pedley-Smith and Ms Hampe, and to Ms Adamou, Stage 6 Head Teacher, for the support, organisation and guidance they have tirelessly offered this cohort over their years at CTHS.

Technology Upgrade Within the School

During the holidays the school moved to a new DoE managed operating environment, for our network and computers onsite, known as eT4L. All primary schools in NSW have already undergone this change as the roll-out continues into high schools. The migration has meant some changes in the way staff access files both in and outside of school and given the scale of the project, the upgrade has occurred relatively well, notwithstanding the time to adjust to new procedures. In the longer term the move will mean improved DoE IT centralised support; better access to resources; and improved network performance.

The move to eT4L has also affected access to the Student and Parent Portal. Please note the new URL address to access this valuable resource is <http://web1.cherrybrok-h.schools.nsw.edu.au/portal/login>

There is also a link to the school website and Parent and Student Portals, under Information/Parent Portal and Student Services/CTHS Student Portal.

A reminder for students, when they log onto any School computer, SENTRAL or Moodle, they must use their DoE username and password.

Special thanks go to Mr Anderson, Mr Townsend, and our TSO's, Ms Smith and Mr Lin, for their work in the initial organisation and post maintenance work with regard to issues requiring further attention.

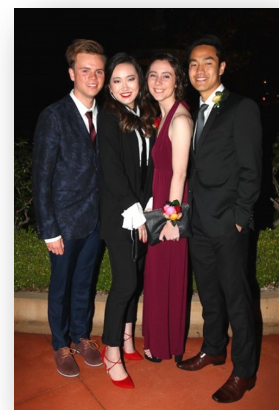
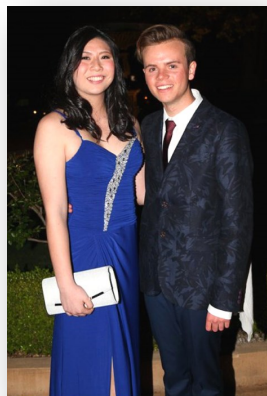
HSC Begins

Best wishes are extended to the Year 12 cohort as they began the Higher School Certificate on Thursday of this week. We hope Year 12 have spent their time during the student vacation wisely, revising and preparing for the exams. Please also note, staff are available to offer support and assistance to any student in need. Ms Adamou, Stage 6 Head Teacher would be your first port of call.

Staff Development Afternoon

All CTHS teaching staff were involved in professional development activities on Monday afternoon until 6.30pm, as part of our 2016 Staff Development Day program. A member of the Asthma Foundation conducted a presentation to staff on the risks of asthma and how best to deal with an asthma attack. This was followed by a training session on the new technology set-up which was implemented throughout the entire school during the school holiday break. To finish, valuable KLA time was allocated for staff to focus on current assessment and reporting requirements. In 2016 we have undertaken four afternoon Staff Development sessions throughout the year, which will mean staff will finish the school year on Friday 16 December. A reminder to all parents that students will also finish their school year on **Friday 16 December** at approximately 12 noon, with a traditional whole school assembly send off.

Year 12 Formal



P&C Meeting

A reminder to all parents, the P&C General Meeting will be held in the Staff Common Room at 8pm on Tuesday 18 October. The guest speaker for this meeting will be Ms Deadman, Learning Support Teacher, who will be speaking about the Learning Support Team at CTHS and how the programs support a range of students.

Year 9 Camp

Year 9 students will be attending The Great Aussie Bush Camp at Tea Gardens from Monday to Wednesday next week. Hopefully, the weather will be fine enabling everyone to participate fully and have great fun. A sincere thank you to all staff who have offered to give up their time to make these three days a successful learning and welfare experience for our students.

Maths the 'Wootube' Way

One of our Head Teacher Mathematics, Mr Woo, recently had an article written about his efforts in assisting students with their understanding of mathematics using Youtube. Mr Woo posts snippets from his classes onto his *Wootube* channel, which now has 20,000 followers both here and overseas! He was recently awarded a Teaching Excellence Award at the Australian Mathematical Sciences Institute's, Choose Maths Awards. The article, published in the Australian during the holidays, recognises his efforts in assisting and encouraging students to study maths. It is another proud moment for our CTHS staff and we are pleased he is here making a difference for our students.

Building Project Update

During the holidays many of our demountables were moved to the basketball court area in the top playground, as a prelude to the construction work on the new building project beginning in December. We will try to keep you up-to-date with pictures of progress as it occurs.



Congratulations to...

The following Year 12 students for gaining a nomination for HSC Callback, which showcases exemplary HSC practical performances and compositions in dance:

- Brendan Weal, for his Core Composition, Major Study Performance and Core Performance
- Vanessa You, for her Core Composition, Major Study Performance and Core Performance
- Jade Nelson, for her Core Composition
- Maya Abraham, for her Major Study Dance and Technology, Film and Video

The following Year 12 students have gained a nomination for HSC Encore, which showcases exemplary work in musicology electives:

- Ruixin Li
- Ben Salmon

The teachers of these students, Ms Holt and Mr Felton, who are both very proud of the efforts of these students.

Mr Clements



HSC Stressless App

Libby Dowswell, Doctor of Clinical Psychology, Candidate at the University of Wollongong (UoW), is the organiser of an ongoing research project conducted at UoW. They have created a *Mindfulness Meditation* app to help with stress management.

Although designed for HSC students, this app may also be beneficial to Year 11 students embarking on their Year 12 studies, to help manage stress and difficult emotions.


Since the app was released in April 2015, it has been downloaded more than 2,500 times by students across NSW.

I hope students trial the *Mindfulness Meditation* app, if they are feeling overwhelmed by the pressure of assessment tasks and exams.


Mrs Bevan

HSC STRESSLESS APP

University of Wollongong



The HSC Stress Less App seeks to assist HSC students to manage their stress and difficult emotions throughout this high pressure year via the use of Mindfulness Meditation. Mindfulness is the art of "intentional attention". That is, simply being able to step back and observe, in a non-judgemental manner, our inner sensations and experiences. Mindfulness is used widely in the treatment of clinical issues such as depression, anxiety, and substance abuse. It is not religiously based and requires no previous training.




What's in it for us?
We are interested in whether using the app helps students to stress less and have better mental health in their HSC year.

What's in it for you?
Whilst it's possible you may find the use of this app helpful, we are not sure how helpful it will be. You can help us find out! The information you provide will develop this project further and hopefully help us build an app that future HSC students will find easy to use and really helps!

How does it work?
The app provides audio guided meditations of varying lengths (from 1 minute to 10 minutes) which will allow you to build up your "Mindfulness Muscle" so that you are better able to "unstick" from stressful feelings. It also takes advantage of the functions of your phone or tablet to set reminders to practice your Mindfulness skills regularly.

The HSC Stress Less app is available to download for FREE from iTunes and Google Play Stores

Feeling really bad and need someone to talk to? Call Kids Helpline: 1800 55 1800 OR Lifeline: 13 11 14

UNIVERSITY OF WOLLONGONG 

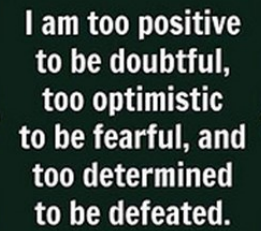
For more information, please contact Libby Dowswell on ead921@uowmail.edu.au

FROM THE LIBRARY

Firstly we would like to wish all HSC students well in their exams. Many students have already attended Study Skills sessions run by Elevate Education and there are now three useful subject revision/skills units accessible online: English, Legal Studies, Biology.

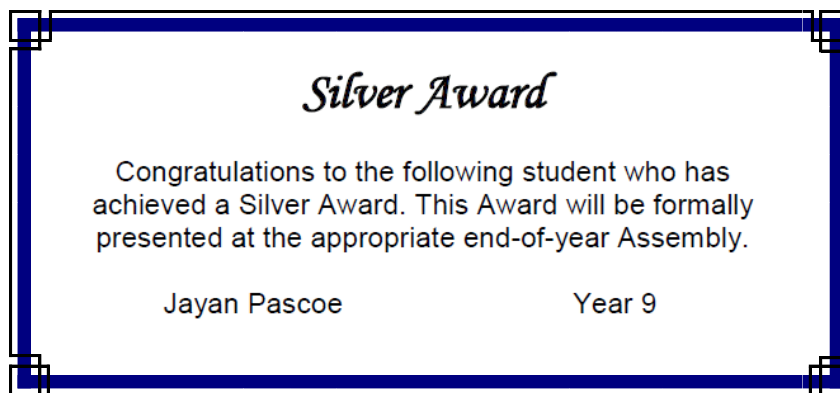
Go to <https://austudent.elevateeducation.com/> and explore your options. Besides the three subjects, you will find many other study tips to hopefully encourage stress-free revision. At home you can also use this link <https://youtu.be/hdRjXQ1f6ao>.

Year 10 will participate in a Study Skills program on 6 December. All Year 10 students are expected to attend, as these sessions focus on the skills essential for their senior years. Good study technique is fundamental to all learning and the benefits are lifelong, transferable and practical. Students have been given the permission slips, which need to be signed and returned, together with the \$12 payment to the student window, as soon as possible. Please ask the library staff if you didn't receive a permission note.



I am too positive
to be doubtful,
too optimistic
to be fearful, and
too determined
to be defeated.

Ms Halder



CREATIVELY SPEAKING

Auditions for A Midsummer Night's Dream

Congratulations to all students who auditioned for our 2017 school production. All of the performances were of a very high standard, which has made the business of selecting the cast a very challenging proposition.

I asked two of our audition hopefuls to write a short blurb about their experience on the day of their audition and here is what they had to say:

"On Tuesday, the first round of *A Midsummer Night's Dream* play auditions took place. We, Rayana Ajam and Anjali Bhatia, auditioned our script together. We played as Helena and Hermia. It was a great experience and magical to portray very unique characters. It was fun, making the script our own, and bringing it to life."

Watch this space for exciting updates.

Ms Cannon

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.

**Stage 5 Performance Night
&
Year 11 Drama Retrospective 2016**



**Wednesday 26 October
C1.1
7pm
Gold Coin Donation**

Cherrybrook
Moondance
Ball



**FEATURING
THE
CTHS BIG BAND**

**Saturday 19th November
7pm to 11pm**

**Cherrybrook Technology High School MPC
3 Course Dinner (BYO Alcohol)
Cost: \$75 per head Dress: Black tie
Tickets on sale from 15th October**

WEEKLY SPORT REPORT



Year 8 Lifesaving

- The Year 8 Lifesaving program will commence on Friday 28 October and conclude Friday 4 November. However, please note: There will be **NO** lifesaving on Tuesday 1 and Thursday 3 November
- **This is a compulsory course**, which is beneficial in improving swimming, CPR skills and lifesaving skills
- Permission notes, with payments, are due by Friday 21 October. If you haven't received a note, please contact the PE office ASAP.

Grade Sport

- Grade Sport next week is against Pennant Hills HS. Good luck! Please pay the outstanding bus and venue fees ASAP.

Jack Dickinson and Georgia Clements, Sports Promotion Officers



Australian Orienteering Championships

Melissa Annetts competed in the Australian Orienteering Championships during the holidays. She achieved a second and third in the Australian Schools Competition, Team Long, senior girls and Relay, senior girls' events. Congratulations to Melissa, who even found time between the seven events in nine days to study for her HSC.

Figure 1 - Melissa finishing in the Schools Sprint (2.1km and 21 controls)

Figure 2 - Melissa finishing third ahead of the jubilant NSW team in the Relay (4.5km)

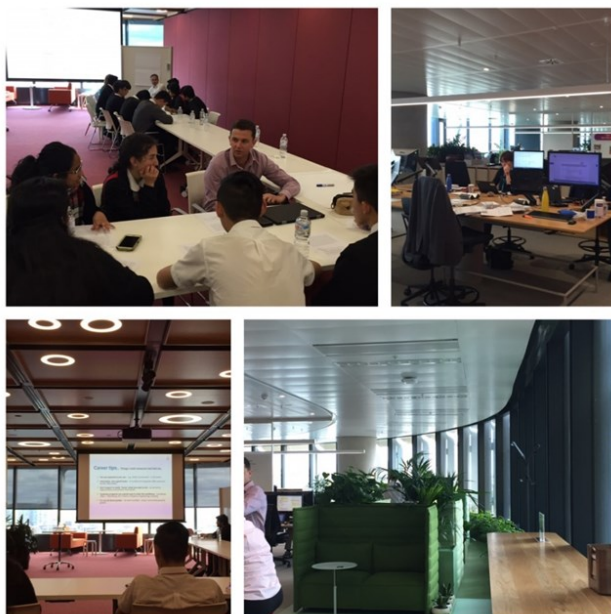


CAREERS UPDATE

'Running a Business' Excursion to Lendlease, Barangaroo

On the last day of Term 3 a group of 30 students, along with Mrs Ferguson and Mr Keating, visited the Lendlease Head Office in Exchange Place, Barangaroo. Throughout the day we were provided with a range of activities in order to broaden our knowledge of the business life within Lendlease. These activities included a tour, guest speakers and group case study, provided by Lendlease employees from a range of business functions. The workers provided us with a helpful insight into the business life at Lendlease, by speaking to us and answering our questions. Furthermore, they exposed us to a real life case study about Lendlease and we had to present our findings at the end. Overall, the trip to Lendlease was a good experience that gave us an insight into the business life at Lendlease, ultimately boosting our confidence and knowledge. Thanks to Niluka De Silva, a CTHS parent, for arranging such a valuable day for CTHS students.

Senuwani Perera, Year 10



Apprenticeship/Traineeship Opportunities

Numerous employees have contacted the school about employment opportunities. Please email Mrs Ferguson at: christine.ferguson@det.nsw.edu.au, if you are interested in finding out about an apprenticeship in Carpentry and Joinery, Electrician or a Traineeship in Childcare.

UNSW: Deloitte and Westpac Workshop

Friday 11 November, 9.30am - 12.30pm, Tower 2, International Towers, Barangaroo South. UNSW Business School invites Year 11 and 12 students to visit the new Barangaroo Commercial Precinct to join Deloitte and Westpac to explore the options of a Technology career. Students will participate in an interactive workshop to discover how cutting edge technology and information systems underpin Deloitte and Westpac's success.

Contact: Julie O'Brien on 0411 542 268

<https://www.futurestudents.unsw.edu.au/unsw-business-school-deloitte-and-westpac-workshop>

Honeywell Engineering Summer School (HESS) 2016

Year 11 students who are interested in Engineering as a career are encouraged to apply for this fantastic week of immersion in Engineering. Applications are accepted on a 'first in, first served' basis, and can be found at:

<https://www.engineersaustralia.org.au/sydney-division/honeywell-summer-school>

UNSW: Engineering High School Information Day

Thursday 27 October, 9am - 3pm, John Niland Scientia Building, UNSW Kensington. There will be the opportunity to sample different fields of Engineering with hands-on activities. There will also be the chance to speak to academic staff and current students to obtain a further understanding of the Engineering courses offered. Please see Mrs Ferguson if you are interested in attending this valuable day. <https://www.futurestudents.unsw.edu.au/engineering-high-school-information-day-oct>

University of Sydney: Faculty of Engineering and Information Technologies Leadership Scholarship Program

Applications close Friday 14 October. The new Leadership Scholarship Program enables today's students to become tomorrow's transformational leaders. With \$18,000 each year, professional industry experience, the scholarship provides extensive leadership development opportunities for highly engaged students. Up to 50 places are available, including for equity and diversity. Find out more and apply online at <http://sydney.edu.au/engineering/scholarships/undergraduate/future/leadership.shtml>

TeachNSW Scholarships for Science or Maths Teaching

Find out more at <https://www.teach.nsw.edu.au/enhanceyourcareer>

UTS School of Built Environment

End-of-Year Show, Wednesday 26 October, 6pm - 8pm, Room 4.40, 702 Harris Street, Broadway. Senior students who are interested in Construction Project Management or Property Economics are invited, with their parents, to our End-of-Year Show to view university students' projects and chat to lecturers. RSVP: Robyn.Vear@uts.edu.au,

<https://www.uts.edu.au/about/faculty-design-architecture-and-building/what-we-do/built-environment>

University Preferences Selection Process

http://www.gooduniversitiesguide.com.au/Latest-news/Getting-into-university/The-uni-preferences-selection-process#.V_8C52fVvos

Mrs Ferguson and Mrs Bower

unwind, relax and revive

information session for healthy lifestyles

Come and learn the common causes of mental health problems, early signs and the strategies to deal with them. Take a little time to unwind, relax and revive and learn how to use mindfulness and relaxation to enhance your concentration, sleep and feel recharged.

Please bring along a towel or mat for relaxation activity.

When: Wednesday 26 October, 6pm-8pm

Where: Hornsby Youth and Family Community Centre
17 Muriel Street, Hornsby

Cost: Free. Bookings are essential.

Please call Jian on 9847 6994
or jzhao@hornsby.nsw.gov.au

Fiona on 9476 9715
or zhou1yan@police.nsw.gov.au



For more information about
local activities and events visit
hornsby.nsw.gov.au/whatson



2016-17 jazz at the pines

12.30pm - 4pm
 Roughley House at The Pines
 656a Old Northern Rd, Dural

2016	18 September.....	Bridge City Jazz Band
	16 October.....	Nigel Hearn Quintet
	20 November.....	Mike Hallam Hot Six
2017	19 February.....	Greg Poppleton & The Bakelite Broadcasters
	19 March.....	Riverside Jazz Band
	23 April.....	Zenith Jazz Sextet
	21 May.....	Sydney Youth Jazz Orchestra

\$20 ADULTS \$15 CONCESSION \$40 FAMILY

CALENDAR - Term 4 Week 2A	
Monday 17 October	<ul style="list-style-type: none"> • Year 9 Camp • Year 7 Science Yearly Exam
Tuesday 18 October	<ul style="list-style-type: none"> • Year 9 Camp • Year 7 Mathematics Assessment Task • Year 8 Maths Assessment Task • P&C Executive Meeting - 7pm, 'A' Block Conference Room • P&C General Meeting - 8pm, Staff Common Room
Wednesday 19 October	<ul style="list-style-type: none"> • Year 9 Camp • Music Ensemble Performing at Retirement Villages - CB2
Thursday 20 October	<ul style="list-style-type: none"> • Year 8 Science Yearly Exam • Interschool Debating Adjudication - Oakhill Drive PS
Friday 21 October	<ul style="list-style-type: none"> • Year 10 Science Yearly Examination
Saturday 22 October	<ul style="list-style-type: none"> • Cherrybrook Markets • Big Band Performing at Lantern Festival - Cherrybrook Community Centre
Sunday 23 October	<ul style="list-style-type: none"> • Big Band Performing at Inala Fair