

DEPUTY PRINCIPAL'S REPORT



Year 7 Parents' Sleep Seminar

An intimate audience of Year 7 parents were privy to Dr Carmel Harrington's seminar on the importance of sleep for the health of our teenagers. Dr Harrington spoke about the growing problems associated with not getting enough sleep and the role bright light has in contributing to this. The teenage brain requires approximately eight to ten hours sleep each night in order to recuperate from the day's activities and maintain good cognitive functioning. Her recommendation to parents was to ensure their children turned off their devices at least one hour before bed to allow the brain time to prepare for a much needed period of rest. We thank Dr Harrington for taking time out of her busy schedule to speak with our parents.

Building Program Update

Plans to pour the concrete for the slab last week were brought to a halt by the severe rains. Depending on the weather situation, the builders are planning to try again in the near future. When concreting is scheduled, there will be some disruption to traffic on Purchase Road as a fleet of concrete trucks will be moving in and out of the site. Hopefully, this concrete will be poured as soon as possible, to ensure the building timeframe is not excessively delayed. We apologise in advance for the inconvenience this may cause.

Stage 5 Subject Selection Evening

On Tuesday 27 June, our Year 8 into 9 Subject Selection Evening is being held at 7pm in the MPC. This is a most important night for students and parents as it is an opportunity to learn more about our elective system, with details of how to select courses being provided. We look forward to seeing you on the night.

Student Executive and SRC Representative Elections

The 2017-2018 elections to determine our Student Executives, as well as the SRC Representatives for each year group, will occur on Tuesday next week. Students have already indicated an interest in applying and are now required to deliver a speech, detailing why they think they are the best person to fulfil these roles. We wish them luck with their public speaking task.

Showcase 2017

Our annual Showcase of Music students, including all Music Ensembles, as well as a selection of Year 12 Music students and Year 11 Preliminary Music students, is being held on Wednesday 21 June, in the school's MPC commencing at 7pm. I strongly encourage you to come along and support some of the many talented students of Cherrybrook Technology High School. Entry is \$5, which is payable at the door on the night.

Year 7 Parent/Teacher Night

On Tuesday of this week, the MPC was crowded with Year 7 parents and students for the final of our 2017 Parent/Teacher Nights. This provided a great opportunity for parents to discuss their child's progress with a number of subject teachers. Thank you to Ms Howard, Stage 4 Head Teacher, for her organisation of this important event.

Congratulations to...

Our Principal, Mr Gary Johnson, who was awarded Life Membership by the Secondary Principals Council (SPC) this week at their 2017 Annual Conference. A very prestigious Award, given after eighteen years of quality service to the SPC, is a great honour for a Principal, who is held in high regard by his peers for his contributions during this time.



Year 9 Reports

Year 9 reports are now available for viewing and downloading via the Parent Portal.

Zone Athletics

Congratulations to all our competitors in the Zone Athletics Carnival on Wednesday. Such were the efforts of our students on the day, CTHS won the Zone Athletics Carnival by just under 100 points! A more detailed report is included in this week's *Network*.

Evacuation Drill

We took advantage of a break in the inclement weather to undertake an Evacuation Drill on Tuesday. Due to the building program, the exit point we traditionally used to access John Purchase Oval, has been significantly narrowed, which would prove to be a health and safety risk. The Evacuation Plan was, therefore, modified resulting in approximately three quarters of the student population and staff walking along the John Purchase Road footpath and entering the side gate of John Purchase Primary, in order to access the oval behind the school.

Everything ran smoothly on the day and despite the extra distance some had to walk, we were able to safely evacuate everyone within approximately ten minutes. A great effort to move such a large group of people in a short period of time. Our thanks to Mrs Bevan for her organisation of the event and for all staff and students for their understanding and settled approach to the drill.

Mr Clements



Correct Procedure When Approaching Pedestrian Crossings

As you approach a pedestrian crossing or children's crossing where a School Crossing Supervisor is displaying a 'STOP Children Crossing' sign, you must **slow down and stop**. You may proceed when the School Crossing Supervisor no longer displays the sign in your direction or has indicated it is safe for you to proceed.

Stop signs may be placed at an intersection immediately after a pedestrian crossing. You must stop at the stop sign even if you have already stopped at the pedestrian crossing.

Please Note: If the road beyond a children's crossing or pedestrian crossing is blocked, you **MUST NOT** drive onto the crossing.

For more information, visit the RMS website <http://www.rms.nsw.gov.au/roads/safety-rules/road-rules/pedestrians.html#Children'scrossings>

Mrs Navarro



Lady Elliot Island 2017

During the second week of the April holidays, I along with sixteen of my peers and three teachers, visited Lady Elliot Island for our highly anticipated Geography field trip. As part of our Geography HSC, Mr Clements elects us to study the Lady Elliot Eco Resort as our *Economic Enterprise* topic and the Great Barrier Reef for our *Ecosystems at Risk* case study. Thus, the trip allowed us to *experience* the Great Barrier Reef and the resort firsthand.

It was an early start, arriving at the airport at 8am for our first flight to Hervey Bay, followed by a 30 minute flight over the Great Barrier Reef to Lady Elliot. We all got fitted for our flippers and snorkels and spent our afternoon on a glass bottom boat snorkel safari. Despite the unpleasant 3m swells and light rain, we all had a great time out in the water seeing lots of marine life, including turtles!

Later that night, we had the opportunity to watch the release of four turtle hatchlings make their way to the ocean - as unfortunately a clutch hatched on the night prior to us arriving.

Day two was our first full day on the island that began with watching the sunrise over the lagoon nice and early at 6am, followed by a walk around the island for some. Our first activity was a 'behind the scenes' tour around the island led by some of the islands staff that gave us insight into the process undertaken to maintain and run the island. On the tour, we looked into how the island produces its own power, the management of waste and how the island makes its own fresh water.

That afternoon, we headed over to the lighthouse for our second snorkel safari to look for Manta Rays. Today the swell was a lot calmer and making the snorkeling a lot more enjoyable. Unfortunately, we did not see any Mantas. However, we got to swim with more turtles and even saw some reef sharks. With nothing on the agenda for the night, we filled in the night by playing card games, pool, chatting and relaxing.

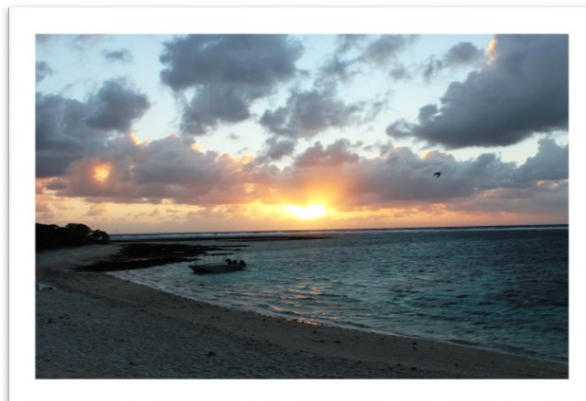
Our third day was another jam-packed day. To start the day's activities, we headed out to the lagoon with our poles for balance, for a guided reef walk. The reef walk, led by one of the island's marine biologists, enabled us to get up close with the coral and its creatures. Walking around the maze of hard corals and dodging the sea cucumbers, we spotted lots of marine life including sea stars, octopuses and fish. Following, we then headed out to the heritage-listed lighthouse and its small museum that gave us an insight into some of the people and past uses of the island.

After being amazed by the coral in the lagoon, many of us headed out on another snorkel. This was probably the highlight of the trip as we were able to get up close and swim with the turtles in the lagoon. To end our last afternoon on the island, we all watched the sunset over the reef before going on the island's 'ghost tour' to fill in the remainder of the night.

Our last day was another early start so we could fit in a final snorkel before breakfast. Before hopping back on the plane to Hervey Bay, it was time for some group shots to remember our trip and the amazing time we had.

Lastly, on behalf of the Year 12 Geography class, we would like to extend a big thanks to Mr Clements, who spent countless hours planning and organising our trip. We would also like to thank Mr Caccamo and Miss Nguyen, who also accompanied us. All seventeen of us are so grateful for these wonderful teachers who gave up their holidays so we could experience the wonder of Lady Elliot Island and explore the Great Barrier Reef!

Sarah Crompton, Year 12



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Lady Elliot Island



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Kaylee Kua (Year 7) to Represent Australia in Junior Rhythmic Gymnastics

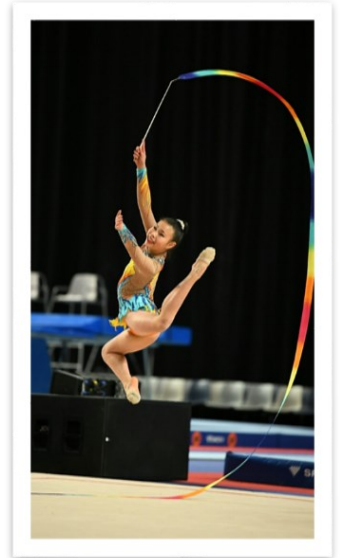
Congratulations to Kaylee who in April, won the NSW State Champion title for the Rhythmic Gymnastics Junior International level. She went on to compete at the Australian Gymnastics Championships in Melbourne where she placed sixth in a tough field of 36 gymnasts. Kaylee has since been selected to represent Australia at the Singapore Open (14-19 June). Kaylee will be the youngest member in the Australian Junior International Squad at this FIG sanctioned event. Cherrybrook Technology High School wishes Kaylee all the best for her international debut.

Below is a link to the Getty Images top ten sports photos of the week where Kaylee was featured number four. What a wonderful photo and a great memory for her very proud parents. Have a look...it's fabulous!

<http://www.sportsonearth.com/article/234687956/getty-images-best-photos-week-may-30-june-6>

A special thank you goes to Mrs Gee (Kaylee's Mum) for sharing these special moments with the school.

Mrs Navarro



Cybershorts

On Thursday 15 June, Year 7 participated in the Resilience Program and Cybershorts, a performance based presentation of the issues of cyber safety and cyber bullying. Our enthusiastic Year 11 Peer Support Leaders worked with groups of Year 7 students to develop strategies for coping with the pressures of school and interpersonal interactions.

Year 7 also watched *Bamboo Theatre* present a series of plays, which addressed the responsibilities of digital citizenship and appropriate use of social media. Two interactive workshops were run between each production, which were followed by a discussion about the legalities which surround these issues. Thank you to our Year 11 Peer Support Leaders and *Bamboo Theatre* for making this day enjoyable and informative.

Mr Hind, Head Teacher Welfare

Garvan Institute Medical Research Excursion

At the Garvan Institute, students from Year 10 and 12 attended the Medical Science conference to hear about first-hand experiences and pathways of researchers and specialists alike. These informative talks were filled with personal anecdotes from seasoned researchers and provided much insight into their careers. Although Medical Science is a largely generalised term, there are a variety of fields ranging from Forensic Science to Bone Research. It was interesting to see the different pathways Science has to offer as each medical professional and Scientist was researching different things. The speeches showed how resilient and hardworking one has to be in order to be successful in Science. Seeing this motivated us as we saw how much effort they put in and how incredibly passionate you need to be to persevere in making improving health outcomes.

Zehra Canik and Chloe Chan, Year 10



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CAREERS UPDATE

Year 10 and 12 students will be attending the Western Sydney Careers Expo next Thursday and Friday. Please encourage your son/daughter to use the allocated time wisely and to ask relevant questions. Information can be found at:

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

UAC News

Applications for undergraduate study in 2018 will open on Wednesday 2 August. Year 12 students are encouraged to apply before on-time applications close at midnight on Friday 29 September, to avoid rising application charges. The UAC Guide 2017-2018 will arrive at NSW and ACT schools in mid-July. It is provided free of charge to all current Year 12 students. <http://www.uac.edu.au>

Year 10 Booklets

University Entry Requirements 2020 for Year 10 Students can be downloaded from UAC <http://www.uac.edu.au/documents/publications/year10-booklet-20.pdf>. This booklet gives all the information Year 10 require to choose their senior subjects towards entering into uni in 2020. The leaflet, *Top 10 Tips for Choosing HSC Courses*, will also help with subject selection. <http://uac.edu.au/documents/schoolink/toptips.pdf>

ADFA Open Day

26 August 2017, 9am - 4pm. <http://www.defence.gov.au/adfa/events/>

Macquarie Technology Taster Day

On Wednesday 5 July we are opening our doors to Year 11 and 12 students who are keen to study and carve out a career in the field of technology. It's all about getting a taste of what a day in the life of a Macquarie IT or Engineering student is really like. Registrations open soon. <http://www.mq.edu.au/study/school-portal/whats-on>

Macquarie Entry Navigator

Through our Macquarie Entry programs we treat you as an individual and recognise all of the things that make you unique. These range from academic results in relevant HSC subjects to your engagement in your local community, previous study or work experience and everything in between. Because whatever your personal circumstances are, we believe in credit where credit is due, so we take everything into account. The entry program navigator enables you to compare all of our entry programs and work out which ones suit you best and you'll quickly discover you have more options open to you than you first thought.

<http://www.mq.edu.au/study/macquarie-entry-navigator>

UTS Law Undergraduate Info Evening

Date: 21 June 2017

Time: 6pm - 8pm

Venue: UTS Building 5, Quay St & Ultimo Rd
Haymarket Sydney

Cost: FREE

Contact: UTS Law law@uts.edu.au

Description: This event is open to Year 11 and 12 students and their parents



University of Sydney Architecture Portfolio Day

Students may submit a portfolio to support their application for B Design in Architecture, B Design in Architecture/Master of Architecture and B Architecture and Environment. The portfolio will be considered as part of a student's application if their ATAR is close to, but does not meet, the cut-off for their desired course. To assist students in developing their portfolio, a Portfolio Information Session and Drop-in Centre will be held during Open Day, Saturday 26 August 2017 9.30am - 4pm. Academic staff will be on hand to provide advice on how to prepare a portfolio highlighting students' creative skills. Portfolios must be submitted by 5pm on Friday 27 October. <http://sydney.edu.au/architecture/pathways/>

Australian Public Service ICT Cadetships

The Cadetship Program is available to university students who would like to work part time while completing their ICT degrees. Applications are now open and programs will begin in January or February 2018.

<https://www.dta.gov.au/blog/ict-entry-level-programs/>

Stress Free Study

<http://www.youthcentral.vic.gov.au/studying-training/studying-tips-resources/nisas-tips-for-stress-free-study>

Five Handy Tips to Improve your Writing

<http://www.acj.edu.au/blog/acj-news/5-handy-tips-to-improve-your-writing-skills>

My Big Idea

My Big Idea is a nationwide ideas competition which attempts to make positive changes for the future of Australia. There are twelve different topics on which you can submit your innovation and the twelve winning ideas will be made into a reality.

<http://www.mybigidea.org.au/ideas>

Mrs Ferguson and Mrs Bower



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SPORTS REPORT



Zone Athletics Carnival

Congratulations to all runners and participants at the Zone Athletics Carnival on Wednesday! CTHS dominated plenty of events, with many students progressing to the Sydney North Carnival. While there were many fine performances on the day, a few who deserve special mention include:

- Thomas Pellow, winning Age Champion
- Katie Devitt, who broke the 200 metres Zone record
- Girls' 17+ years 4x100 relay team, who also broke the Zone record.

Sydney North Cross Country

The annual Sydney North Cross Country is on next Tuesday 20 June. The bus will be leaving at 7.30am from the CTHS bus bay. Good luck to all those competing!

Dural Futsal

Next week, multiple CTHS futsal teams will be competing at the Regional Futsal Tournament in Dural. Best of luck to all teams and hoping for some great results!

Baseball Knockout

Good luck to the open boys' baseball knockout team, who have progressed to the Sydney North Semi-Final, playing against Tuggerah High School.

Jack Dickinson and Georgia Clements, Sports Promotion Officers



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Cherrybrook
**Winter Wonderland
Ball**

**FEATURING THE
CTHS BIG BAND**



**Saturday 24th June
7pm - 11pm**

CHERRYBROOK TECHNOLOGY HIGH SCHOOL MPC
3 COURSE DINNER B.Y.O. ALCOHOL
COST: \$75 PER HEAD 18+ ONLY DRESS CODE: FORMAL
TICKETS: www.cths.nsw.edu.au



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Ku-ring-gai Youth Services
kmc.nsw.gov.au/youth

FRIDAYS IN JUNE @ THE FITZ

FITZ YOUTH CENTRE,
OFF MEMORIAL AVE, ST IVES



Friday 9 June

4pm – 8.30pm • Free
Soccer & Sausage Sizzle

Bring your A-game with a friendly match of soccer. Join us for a sausage sizzle.



Friday 23 June

4pm – 8.30pm • Free
Dodgeball & Burgers

Duck, dip, dive and dodge your way into the Fitz Youth Centre for a night of dodgeball fun. If it's not your thing then join us for beats and BBQ burgers for dinner.



Friday 16 June

4pm – 8.30pm • Free
Movie & Make-Your-Own Wraps

Feeling like a chilled night in? So are we! Tonight is movie night and tasty make-your-own wraps.



Friday 30 June

4pm – 8.30pm • Free
Footy & Franks

Come down for a game of footy with your mates and grab a hot dog on us.



Bookings: 📞 9424 0981 @ youth@kmc.nsw.gov.au 📱 kcyouthservices

kmc.nsw.gov.au/youth

For more info check out our Facebook page: /kcyouthservices

GIRLS NIGHT IN

\$5

12–24 years

Put on your comfiest PJs and join us at a girls' night in!

If you're a young woman aged 12–24 (or want to get in touch with your feminine side – this is a safe space, after all), then join us and our best gal pals for a night of laughter and fun. We'll be learning massage and relaxation techniques, eating pizza, and watching our favourite chick flicks.

Friday 7 July
AWOL Youth Hub 5pm – 9pm
799 Pacific Hwy, next to Gordon Library

BOOK NOW kmc.nsw.gov.au/girlsnightin
Bookings close Friday 30 June



📞 9424 0994 @ youth@kmc.nsw.gov.au 📱 kcyouthservices



Ku-ring-gai Youth Services
kmc.nsw.gov.au/girlsnightin

Tuesday 4 July

9am – 4pm • Free
AWOL Youth Hub
799 Pacific Highway, Gordon

Cold these school holidays? Don't worry, come grab a hot chocolate while sitting back and relaxing with some great movies. We will be setting up the table tennis from 2pm.

Thursday 6 July

9am – 4pm • Free
AWOL Youth Hub
799 Pacific Highway, Gordon

Join us for a day of games and activities at AWOL Youth Hub. We will have the Wii, PlayStation 4 and Nintendo 64 available, along with creative arts, giant games and more!

AWOL SCHOOL HOLIDAY DROP-IN

Tuesday 11 July

9am – 4pm • Free
AWOL Youth Hub
799 Pacific Highway, Gordon

Need a little time? What better way to get it than coming in and hanging out at AWOL, escaping into the life of a 'Modern Family'. Table Tennis will be available from 1pm.

Thursday 13 July

9am – 4pm • Free
AWOL Youth Hub
799 Pacific Highway, Gordon

Join us for a day of games and activities at AWOL Youth Hub. We will have the Wii, PlayStation 4 and Nintendo 64 available, along with creative arts, giant games and more! Table tennis will be available from 2.30pm.

12-24 yrs

Bookings: 📞 9424 0981 @ youth@kmc.nsw.gov.au 📱 kcyouthservices



Ku-ring-gai Youth Services
kmc.nsw.gov.au/youth



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**PUPIL FREE DAY
MONDAY 17 JULY
8:30AM-4PM**

ST MATTHEW'S WEST PENNANT HILLS

Come next pupil-free day and enjoy Wild West games, singing, bible discovery, craft and a movie.
For children in Primary School (K-6) and in Preschool (starting school 2018)



Cost (includes morning tea and lunch):
Early bird rate (before 10 July):
\$25 per child or \$65 per family
Regular rate (after 10 July):
\$30 per child or \$80 per family

Book online: www.trybooking.com/289127
Trybooking closes 5pm Saturday 15th July.
Bookings can be made on the day.
St Matthews Anglican Church, West Pennant Hills
P. 9479 3700 E. office@stmatts.org.au W. stmatts.org.au

CALENDAR - Term 2 Week 9A	
Monday 19 June	<ul style="list-style-type: none"> • Regional Dance Week • Prelim Assessment Task - Mathematics • HSC Assessment Task - Mathematics • Prelim Assessment Task - Modern History
Tuesday 20 June	<ul style="list-style-type: none"> • Year 8 Mathematics Assessment Task • SRC Elections • HSC Assessment Task - Chemistry • HSC Assessment Task - Drama • Student Leaders Selection Presentation 3.30pm
Wednesday 21 June	<ul style="list-style-type: none"> • All-day Showcase Rehearsal - MPC • Year 11 Geography Excursion • Incursion: Year 11 Anxiety Workshop • HSC Assessment Task - Biology • Barista Training • Showcase - 7pm, MPC
Thursday 22 June	<ul style="list-style-type: none"> • Year 12 Careers Expo
Friday 23 June	<ul style="list-style-type: none"> • Year 10 Careers Expo • HSC Assessment Task - Physics
Saturday 24 June	<ul style="list-style-type: none"> • CTHS Winter Wonderland Ball - 7-11pm, MPC



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