

**Cherrybrook Technology High School** 

### Term 1

Week 4B

23 February 2018

## **DEPUTY PRINCIPAL'S REPORT**



#### Year 7 Camp

The enormous travel bags, a bus bay full of coaches and unusually large amounts of parents dropping students off could only mean one thing; Year 7 departing for Camp. The 340 students, hugged and kissed their parents goodbye, then assembled to prepare for departure. A total of nineteen staff and 24 Peer Support Leaders attended this annual camp at Narrabeen.

The activities on camp are designed to test comfort zones, develop team work, challenge the participants, build leadership, develop friendships and create the opportunity to get to know one another. Congratulations are extended to the Year 7 students for their excellent participation and behaviour over the three days.

Thank you needs to be extended to the Peer Support Leaders, who graciously gave up valuable learning time to assist, the staff who volunteered to attend, leaving families and loved ones behind and finally, to Mr Hind and Mrs Howard for organising another truly successful camp.

#### **High Achievers' Ceremony**

One of the highlights of the CTHS calendar is assuredly the High Achievers' Presentation Ceremony, which celebrates the HSC achievements of the previous year's Year 12 cohort. The guest speaker for the Ceremony was Michael Skott, who spoke about the importance of life balance and also the importance of developing networks. Michael is one of the driving forces behind our Al umni Association and currently works at Qantas.

The Ceremony was well attended by the ex-students. This year there were 376 listings on the Distinguished Achievers list, showcasing the broad range of talents of our students and a personal best for the school. Academic Excellence was shown by six students who achieved ATARs greater than 99 and the 100 students who achieved an ATAR over 90! Nearly half the year group were invited back to participate in the High Achievers' Presentation Ceremony, having reached the top band of achievement in at least one course of study.

Congratulations to all students for such outstanding results! As a school we are proud of your efforts and celebrate your success with you. A special mention for two of our highest achievers, Hansika Muthukuda with an ATAR of 99.80 and Sanjeev Desai with an ATAR of 99.30. Hansika received the Commonwealth Bank Award for the highest ATAR and Sanjeev received the Cherrybrook P&C Award.

#### Cherrybrook Technology High School App

To download this free app, go to the App Store or Google Play and search for 'Cherrybrook Technology High School App'. This will provide you with school information, dates of upcoming events and more. By enabling push notifications you will receive important messages instantly.

#### **Cross Country Carnival**

An important date for the fleet of foot is next Wednesday 28 February, the date for the CTHS Cross Country Carnival. The runners will undertake a scenic lap or two of Fagan Park with Stage 4 heading out first thing in the morning. Students must remember to return their permission notes and are able to wear sports uniform on the day. Please also remember that hats, water and sunscreen will be essential, especially if the weather is warm. This is a **compulsory school event** for all students, with successful runners progressing to Zone Carnivals to represent the school at higher levels.

#### Alumni Event

The much awaited and inaugural Alumni Evening was held on Tuesday 20 February and approximately 75 former students were in attendance. The formal part of the evening consisted of a number of short presentations from our Principal, Mr Johnson, the current School Captains, as well as the organising committee. The evening concluded with a short tour of the school, particularly focussing on the new building works currently taking place. The CTHS Alumni, which now boasts over 450 members, continues to generate support and would like to encourage any former students to join. Details are on the schools' website.









Alumni Event



#### Cherrybrook Ball 2018

Save the Date ....

Date: Time: Featuring: Tickets: 18+ event Saturday 23 June 2018 7pm - 11pm CTHS Big Band On sale May 2018 BYO alcohol







Attp://cths.nsw.edu.au



#### Year 8 Drama Incursion

On Monday, our Year 8 cohort attended a Drama incursion in the MPC where they watched Matriark Theatre's show entitled, Dark dell'Arte. Our Stage 5 and Year 11 Drama students were also in attendance to enjoy the wonderful entertainment provided by this company of highly skilled performers.

It was clear to see that the actors had their audience enthralled by the cleverly adapted storyline which traced the events which led to Mary Shelley writing her famous gothic novel, Frankenstein.

All students will produce a theatre review in response to their viewing of the show, aimed at cultivating an ability to critically evaluate and appreciate live performance.

#### Year 11 Wellbeing Program

On Tuesday during period 3 and 4, Year 11 students participated in a wellbeing exercise focussing on quelling stigmas and talking about mental health issues. The presentation was well received by students and there were many positive conversations in the playground immediately after the event. There is a report from one of our students later in this *Network*. Thank you to Mr Edinborough for organising this event.

#### Year 12 Parent/Teacher Interviews

The first in a series of Parent/Teacher Interviews will be held on Tuesday 27 February, with Year 12 parents (and students are also welcome) having the opportunity to discuss their child's academic progress. Staff may also offer some insight and strategies which may be beneficial in preparation for examination periods and ultimately, the HSC. Bookings for the night can be made on the Parent Portal. The evening will run from 4.00pm - 7.00pm.

#### Year 6 into 7 Information Night

Tuesday 6 March is the annual CTHS Year 6 into 7 Information Night, which will run from 6.00pm until 8.00pm. The evening will showcase why CTHS is a great place to learn and develop. There will be the opportunity to hear from current Year 7 students who will relay their experiences thus far, Mr Johnson (Principal), Mrs Howard (Stage 4 Head Teacher) and Mrs Gatt (Deputy Principal) will deliver key information to prospective new students and their families. The information session allows parents and students from Year 6, who live in the local area, the opportunity to have a guided tour of the school facilities and to hear from staff about the opportunity to speak with key staff from all Key Learning Areas.

#### Year 7 Swimming Carnival

The Year 7 Swimming Carnival was held on Friday and students enjoyed a beautiful sunny day at Hornsby Aquatic Centre, for their first CTHS Swimming Carnival. The Carnival was well attended. However, it was a little disappointing some of the novelty events had greater participation than the races. A big thank you goes to the Year 11 Peer Support Leaders, who encouraged Year 7 students on the day, as well as the PE staff for their organisation of the event.















#### New School Zone Road Rules

To keep the School Zone safer for all pedestrians and drivers there are seven new traffic offences with new fines. None of the seven offences attract demerit points when committed elsewhere on the road. However, they now each come with two points in a **school zone**.

The changes are:

- Stopping in intersection Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and two demerit points
- Stop within 20m of intersection (traffic lights) Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and two demerit points
- Stop within 10m of intersection (no traffic lights) Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and two demerit points
- Stop near bicycle crossing lights Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and two demerit points
- Obstruct access to ramp/path/passageway Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$330 and two demerit points
- Not parallel park in the direction of travel Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and two demerit points
- Parallel park close to dividing line Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and two demerit points.

A full list of the school zone offences can be found at: <u>http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf</u>

#### Mr Townsend

#### **Building Project Update**

The new building (J Block) is nearing completion with this week seeing the first walkthrough for defects. Gyprocking is now complete and the floor coverings in the Visual Arts spaces have been installed. Over the next few weeks we should see the completion of the electrical fittings, guttering, external pathways and soffit to the ceilings of the balcony.

It is expected we will receive the 'Certificate of Occupancy' on Friday 6 April 2018 (Term 1, Week 10). This should see classes move from the demountables, currently located on the basketball courts, during Week 11. Milestones two and three, which incorporate landscaping, sports court refurb and G block Science refurb, will commence at the beginning of the Term 1 holidays and should be completed by the end of August 2018.

Below is the link to a time-lapse video of the construction: http://cths.nsw.edu.au/our-school/capital-works-project/time-lapse-videos/

Mr Fisher











A Snapshot of the Year 7 Camp



#### Changes to HSC Minimum Standards in Literacy and Numeracy

An announcement was made by the Minister for Education regarding changes to the way students will be able to demonstrate the minimum standard of Literacy and Numeracy.

2017 saw Year 9 students who achieved a Band 8 or higher in Reading, Writing and Numeracy tests being recognised as having met the minimum standards and therefore would not need to complete an online test.

The 2018 Year 10 cohort will see only the students who did not achieve Band 8 being required to sit an online test in the identified area. The first is planned for Week 8 and I will be speaking to those students shortly.

From 2018, Year 9 NAPLAN tests will no longer be used as an early way for students to demonstrate the minimum standard of literacy and numeracy needed to receive the HSC from 2020.

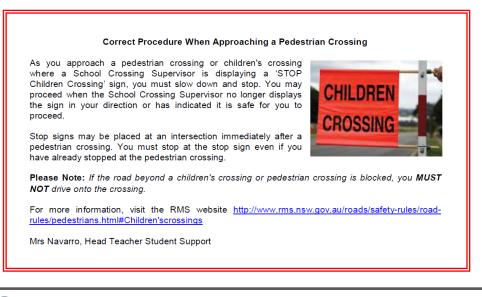
Students will show they meet the HSC minimum standard by passing online tests, which are available for them to sit when they are ready in Year 10, 11 or 12 and after the HSC.

I understand there has been some confusion and uncertainty by this announcement, so I hope this makes things clearer.

For further information please visit the NESA website:

#### http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-minimum-standard

Mr Edinborough, Stage 5 Head Teacher











#### Learning With a View - Sydney Tower Dining

Last Thursday, sixteen students experienced a great day which began by navigating the public transport system. These are invaluable life skills and most students took to the experience calmly and maturely.

Arriving promptly at our destination, Sydney Tower, the experience then continued with a tour of the back-of-house production which is Sydney Tower Dining. The majority of food served, in both the a la carte and buffet restaurants, is prepared and cooked in the production kitchen which is 21 floors below the scenic restaurants. Students also had the opportunity to chat with the on-duty Chef, where they asked relevant and probing questions, which impressed the chef, guide and myself.

We were then treated to a brief tour through the a la carte 360 Bar and Dining. Students were a little thrown when one of the drinks available cost \$1,246 per bottle! They learnt about the venue's target market and now understand and appreciate the old cliché, to 'wine and dine'.

To finish off, we sat down to a buffet lunch, which consisted of over 70 choices for entrée, main and dessert. My group enjoyed a basic fare consisting of chicken nuggets and chips and was extended by one of the members to include a substantial amount of seafood. Another table collected a number of dessert items, which I presumed were to share only to discover later they were all eaten by one person!

At the conclusion of the meal I asked students to think of a word to best describe the day and the one which stuck for me was 'fulfilling'. I really appreciated this excursion and the lovely group I shared it with.

Mrs Robinson, Head Teacher TAS





#### Australian Chemistry Olympiad Summer School

The Australian Science Olympiads Summer School is a two week residential science program for around 100 secondary school students who are invited to attend, based on their performance in the Australian Science Olympiad Exams. These are offered in all Science areas.

High achieving students at the Summer School and those who perform well in final selection exams (the top 24), earn a spot on the Australian Science Olympiads team and go on to compete at the International Science Olympiads, the Olympic Games for Science students.

Simon Roh, currently in Year 12, achieved a High Distinction in both Chemistry and Biology and a Distinction in Physics. He chose to attend the Chemistry Summer School and will now compete on Tuesday 6 March in the two final selection exams. If he is successful Simon will represent Australia at the International Chemistry Olympiad.

Well done Simon on an outstanding result and good luck in the upcoming exams!

Year 11 science students will receive information about the next Summer School later this year.

Mrs Siratkov, Head Teacher Science (acting)



## PROCEDURE FOR LATE ARRIVALS

All students arriving to school after 8.40am *must* sign in at the student window where they will be issued with a late note. All late arrivals are required to have a note from their parent/guardian giving reasons for being late. No note results in a detention.







http://cths.nsw.edu.au



#### Lunchtime Clubs' Valentine's Day Party

This Wednesday we had a special edition of Homework Club for Valentine's Day! We had a great turn-out this Club, with lots of students coming to celebrate Valentine's Day and participate in the competitions and festivities.

The amazing colouring in and cookie decorations made it incredibly hard to judge our competitions. However, our two winners' creativity paid off and won them Valentine's themed prizes!

Our lunchtime clubs are on every day of the week in our new room B1.20 (near the MPC).

Mondays: Chill-Out Tuesdays: Cards and Games Wednesdays: Homework Club Thursdays: Thursday Club Fridays: Chill-Out

Ms Deadman



#### FROM THE LIBRARY

#### Reservations

Reserving a book is easy with *Oliver* and you can do so from home or at the circulation desk. When the desired item is available, you receive an email notification and we hold it for you for a week. A reservation is pointless if you do not come to collect it.

#### Overdues

Loans are for three weeks. Library books are not textbooks and cannot be held for extended periods. You should return resources when they are due (see stamped date in the book) or renew them before they are overdue. You are sent an email if your loans are overdue and should bring the resources back immediately. Emails are followed by letters listing loans and the costs. Losses incur a cost for replacement of the resource.

#### **Teachers Reading**

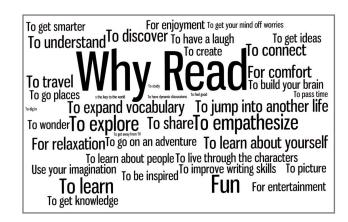
Posters you may spot around the school confirm that teachers read! You may wonder why they would do this not only at school, but also after a demanding day at school. There are many reasons to read beyond the curriculum essentials. Besides the joy of this pleasurable indulgence, there are many benefits. Keep reading, rediscover reading or start reading – the thrills and benefits are rewarding and enduring!

#### Top Ten Favourites

The library sometimes runs competitions. Competitions have winners but only participants have a chance, so, we encourage you to participate. Voting for your favourite title on our Top Ten List of 2017 has closed. The most popular title selected by our readers is Attack on Titan 2. The lucky winner of a voucher is Trisha Mahesh.

Be quick to enter the "I know what you read last summer" competition - it is in its final days.

Ms Halder









#### **Batyr Crossroads**

At the end of last year following on to a double period on Tuesday, the cohort of Year 11 students participated in a forum run by a company called Batyr as part of the Crossroads Program. This forum took a particular focus upon the prevalent issue of mental health in youth.

The aim of the sessions were to reduce the negative stigmas around mental health among our school and our community and shine light on the reality that mental health issues do exist and that anyone could be going through a difficult time, stressing the importance of constantly checking up on your peers. The "power of conversation" was a vital aspect of the message trying to be conveyed. The fact that a simple question like 'are you okay?' can make such a big impact on someone's life and the significance of talking to someone about your issues rather than bottling everything up. Issues such as depression and anxiety were discussed via person al recounts and crowd responses. This program also pushed a brave student to share his own story and views of mental health and how he persevered through dark times of struggle.

On a more personal note, I'd like to stress how important reducing the stigma around mental health is within our school and wider community. The worst thing you could possibly do is not talk about your issues, no matter how irrelevant or small you deem your problems to be. Addressing the issue is the first step to a positive outcome. Reach out for help. Know that regardless of who you are or what you are experiencing, you are never alone. There are great resources within the school, friends and family, online chats and professional help that you can access at any time.

I'd like to end by giving students and teachers a challenge. If you notice someone acting a little strange or looking down, say hello and start a conversation with them. A simple conversation could mean the world and be of great benefit to someone. There's no harm saying hello and asking a simple question ~ Are you okay?

Jayan Pascoe, Year 11



#### Clean4Shore Excursion

On Monday 19 February, thirteen Year 10 Geography students, travelled by minibus (driven by Mr Caccamo) to Brooklyn and joined the Clean4Shore Program at the Hawkesbury River and Cowan Creek. Enjoying picturesque conditions, we visited twelve mostly deserted beaches to rid them of any unnatural items. To our pleasant surprise, most of the beaches were fairly clean, but we undertook a collection of the small plastic pieces, food wrappings and containers scattered along the shore. However, there was still evidence of severe detrimental human impact. At Dead Horse Bay we found treated pine pieces strewn on the sand, along with a miniature trampoline. Larger items included an inflatable raft, one large tyre, crab nets, and a lobster trap.

From rock hopping to exploring hidden caves, finding goannas, and of course collecting rubbish, the day was filled with fun. Local boat owners and Brooklyn residents, who on looked as 180 kilos of rubbish was offloaded at Woy Woy tip, praised our efforts.

Our thanks to Jono, Mr Caccamo and David Bolton, plus Mitchell's assistance, for skilfully steering the large barge, as the day would not have been possible without their efforts.

Sophia Koller and Madison Pryor, Year 10









Clean4Shore Excursion









#### **CREATIVELY SPEAKING**

#### "Play may seem like a cultural luxury, an extra; but cultures that lose their ability to play become repressive and static." Eva Hoffman (How to Be Bored: The School of Life).

This quote from Eva Hoffman reminds us that the notion of play is concerned with the collective experience of applying our imagination and creativity in order to come up with ideas that no one has come up with. This is the nexus of innovative thinking.

Such methodology has been an essential part of the drama curriculum for decades. Human beings are social beings. Everything we consciously think and do stems from our experience of living in a social world. Theatre is the art of human relationships in action. Theatre history and human history are inextricably linked because theatre seeks to make sense of our human experience in all its forms and complexities.

Our Stage 4 students participate in a compulsory course of drama here at CTHS which provides a specific type of enrichment. So much is to be gained from the collaborative process. Our Year 8 Drama students, along with the Stage 5 and 6 Dama students had the opportunity to see a live performance in the MPC on Monday, with Matriark Theatre Company presenting their show, Dark dell Arte. This ensemble of actors is trained in the theatrical form known as Commedia dell'Arte. This deftly delivered piece of entertainment provided our students with the chance to deepen their appreciation of the value of spontaneity, collaboration and the role that physical theatre can play in creating original pieces of theatre, which extend our understanding of how important it is for us to sidestep the temptation to become repressive and static.

Ben Murzsa had this to say about the show:

"The performance was something original, and was very humorous. My attention was completely taken during the play and the show inspired me to further develop my own acting skills."

Stephanie Neil's impressions of the experience were as follows:

"Matriark's Dark dell'Arte was an amazing performance that I was truly captivated by. It gave me great insight into Commedia dell'Arte and physical theatre. It was incredibly entertaining and absolutely hilarious. I could watch it again and again."

Thanks go out to our wonderfully responsive CTHS parent body who were, once again, so prompt with payment for this incursion. To the staff who assisted with this venture, a warm thanks to you also. Good luck to our students as they set about composing their entertaining and informative theatre reviews of Matriark's fine performance.

Ms Cannon





cths@cths.nsw.edu.au

#### \_\_\_\_\_ 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. PROCEDURE FOR SICK STUDENTS Students who are sick during class should see a teacher for written permission to go to sick bay. They must present themselves promptly to the front office and politely follow instructions from the office staff, who will then contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents in the first instance. Please be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc. \_\_\_\_\_ 9484 2144 http://cths.nsw.edu.au

#### CAREERS UPDATE

#### If at first you don't succeed... Persistence

Put simply, persistence is the ability to stick with something. To persist, to keep trying, even when things get tough.

#### How is this relevant for my future career?

Well, persistence means everything.

When an interviewer or potential employer asks you to list words that describe your personality, 'persistence' is a sure winner. It means you'll continue trying to reach your goals and you won't give up at the first hurdle.

It means that as an employee, you will be:

- Easier to train
- More reliable in the workplace
- Less likely to require external motivation.

In short, persistence is a strong indicator of self-discipline. **Self-discipline** has been scientifically proven to be a better indicator of success that talent. Studies from the US show that a <u>*major reason for students falling short of their intellectual potential [is] their failure to exercise self-discipline'</u>. In a time where marketing is actively targeting your reduced attention span (according to <u>this article</u> it's now just eight seconds), persistence can help you stand out from the crowd.</u>* 

#### But How do you Develop Persistence?

You could 'brute force' your way into persistence, with a huge amount of willpower and a complete lack of distractions or you could take steps to actively increase your power of persistence and you will probably see benefits across all areas of your life, from school to work and even simple things like keeping your bedroom tidy.

Here are five great tips to help you develop persistence:

#### 1. Set clear goals

It's always easier to stick with something if you have a clear purpose. Check out our post on goal setting for some great tips.

2. Expect things to go wrong

If Elon had given up the first time his rocket crashed, he'd never have launched Falcon Heavy. Stuff will always go wrong (it's a fact of life) and if you're prepared for some trials and tribulations they'll be less of a shock and a setback when they (inevitably) arrive.

#### 3. Break tasks into smaller steps

Any task or goal can appear overwhelming if you only look at the whole picture. So learn to break each goal into smaller achievable tasks, and you'll avoid procrastination and the 'fear of failure'.

#### 4. Keep your eye on the prize

Literally. It's easier to keep your focus if you are constantly reminded of your goals, so cut out a picture of what you want, find an image of your role model, or write your goals down and put them where you'll see them all the time.

#### 4. Enjoy success when it arrives

Take the time to reflect on what you've achieved, it will boost your confidence and help you build persistence for the next hurdle.

Keep these tips in mind and practice them often, and you'll find success comes naturally. **Read this article (and lot's more) on the** <u>Study Work Grow Blog</u>

#### Being a 'Completionist' Rather than a Perfectionist

Many people struggle with perfectionism, needing everything to be exactly right. Sometimes the desire to get things perfect prevents us from doing anything at all. This article provides some ideas about getting things done rather than needing everything to be perfect. Check it out and see if it works for you:

http://learningfundamentals.com.au/blog/how-to-be-a-completionist-not-a-perfectionist/

#### Dealing with Failure

Failing or messing something up feels bad, but it's actually a great way to learn. Read this article to find some ways you can embrace failure and let it help you become better.

Check it out http://learningfundamentals.com.au/blog/how-to-deal-best-with-failure-and-making-mistakes/

#### WSU Fast Forward and STEPS Program 2018

Our high school student participants are invited to begin this Program at the start of Year 9 and continue all the way through to Year 12. The Program consists of activities and events specific to each year group, beginning with Welcome to Western evenings and continuing with in-school workshops, Fast Forward University experience days, the Fast Forward Year 12 Conference and an opportunity to attend Western U Day and HSC study days.

Many events start soon, if you are involved in the program you can find all the events <u>here</u>. TIPS 4 Parents Parramatta: Wednesday 15 March

#### What is it Like to be a Nutritionist?

Read the article here: http://this.deakin.edu.au/career/what-its-really-like-to-be-a-nutritionist

Mrs Ferguson and Mrs Bower

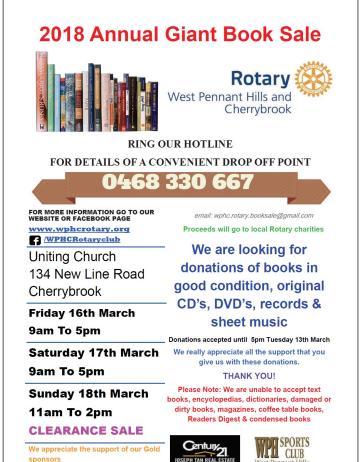


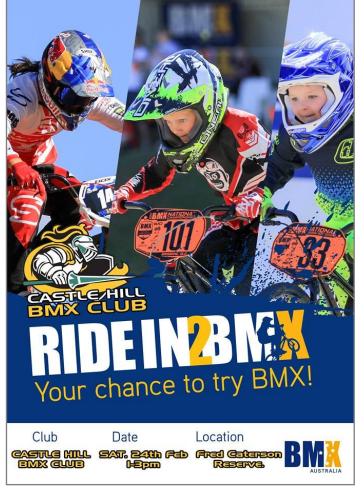














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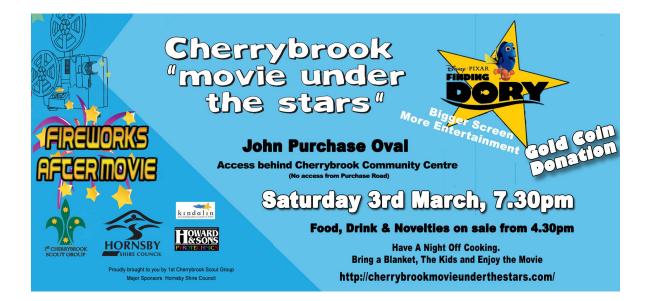
# Learn Tennis

Coaching and Supervision by USA and Australian Qualified Coach Former Davis Cup Player

# All ages and Standards

## Free Racquet

For new enrolments under 12 years Venue: Hastings Park Tennis Complex, Belltree Cres. (**Oakhill area**) Castle Hill Enq: Frank 965 965 99 Mob 0402 845 845 email: frank@gstaaustralia.com.au















Are you interested in joining a Music Ensemble - Bands, Choir, String, Percussion or Guitar?

Collect a membership agreement from Ms Knox in the front office.



Any queries please see Mrs Lee, Music Ensembles Supervisor, in the main staffroom.

CALENDAR - Term 1 Week 5A	
Monday 26 February	Prelim Assessment Task - Investigating Science
	• Zone Swimming Carnival
	• CHS Girls' Cricket Carnival
	HSC Assessment Task - French Extension
	HSC Assessment Task - Japanese Extension
Tuesday 27 February	Prelim Assessment Task - Investigating Science
	• CHS Girls' Cricket Carnival
	Mentor Training Day
	HSC Assessment Task - Japanese Extension
	• Year 12 Parent/Teacher Interviews - 4pm-7pm, MPC
	• Ski Trip Parent Information Night - Lecture Theatre, 6.30pm-7.30pm
Wednesday 28 February	Prelim Assessment Task - Investigating Science
	CTHS Cross Country Carnival
	CHS Girls' Cricket Carnival
	HSC Assessment Task - French Continuers
Thursday 1 March	Prelim Assessment Task - Investigating Science
	CHS Girls' Cricket Carnival
	HSC SAC Excursion
	HSC Assessment Task - Japanese Continuers
	• HSC Assessment Task - CHC
	HSC Assessment Task - Chinese in Context
Friday 2 March	Prelim Assessment Task - Investigating Science
	Morrisby Careers Testing
	• Clean-up Australia Day
	• Prelim Assessment Task - IPT
	<ul> <li>HSC Assessment Task - Japanese Beginners</li> </ul>





