

PRINCIPAL'S REPORT



School Excellence in Action

A big thank you to the many parents who have been kind enough to complete the brief survey emailed to them last week.

The results of the survey will help inform our planning for 2021 and beyond, as part of the Department of Education's new School Excellence in Action scheme, whereby all schools will develop a four-year Strategic Improvement Plan in consultation with their community.

Highlights of a preliminary analysis of the results indicate the vast bulk of our community believes our school has very high expectations of our students, that we provide a relevant and broad curriculum and the school facilities are excellent. Parents were also generally very happy with our teaching staff, the technology used to support teaching and learning, as well as the expectations the school has for student behaviour.

Many parents expressed the view, they were disappointed that, due to the COVID-19 restrictions, the school was unable to hold parent/teacher nights. This is certainly regrettable and the school is planning a technological solution should the current restrictions continue into 2021.

As we further work toward the development of our new plan, I will continue to keep you informed of progress and seek community views and input as appropriate.

COVID-19 Safety and Year 11 Attendance

The scanning of Year 11 attendance biometrics will commence late in Term 3 and continue into early Term 4. This will enable student flexible attendance patterns to occur throughout their HSC year. We have established a COVID-19 safe procedure to ensure this is limited to class sized groups and appropriate hand hygiene will be practiced at all times, with hand sanitising supplied. Teachers will be monitoring students during this process and appropriate social distancing will be practised where possible.

HSC Continues at Cherrybrook

The 2020 HSC external examinations continued this week, with examiners viewing and marking student performances on Monday, Thursday and Friday. The examination was most unusual in the sense that all COVID-19 protection measures were carefully followed, with the examiners and students being very mindful of social distancing requirements and wearing appropriate protective attire. While nervous, students were well prepared and very focussed. Hopefully, their final results will reflect the very hard work they and their teachers, Mrs Lee and Mr Felton, have put in over the past two years.

AP2s Continue

Year 11 final exams moved in to the second week of tests this week. Pleasingly, students have continued to apply themselves diligently and cooperatively and demonstrated they are well prepared. Given the many distractions and the uncertainty created by COVID-19, it is a great credit to the students. Hopefully, this positive attitude can be maintained as students finish their exams and commence their HSC courses.

Planning for Year 12 Departure

Last Friday I met with all of Year 12 and discussed with them our current plans for their final days as students of CTHS. Student Leaders will meet with their Year Advisers and Stage Head Teacher to work out a variety of activities for their final day, with suggestions revolving around a number of staff/student competitions. Whilst Year 12 have had to forgo a great deal, it is pleasing the Government has now relented and agreed formals can proceed after the HSC exams.

Stop press announcement: As a result of the Government regulations, the formal will now take place on Monday 16 November NOT Tuesday 10 November as previously advised. The event will still take place at Curzon Hall. Further details to follow.

Graduation will proceed on Thursday 24 September, with details of the evening included in a long letter sent to parents last week. Any Year 12 parent who has not yet received this information should contact the school via email and the school will follow up and provide a copy.

OnSTAGE Nominations

Early this week the school was notified, four of our students have been nominated for the prestigious OnSTAGE event. This is a remarkable effort from a small cohort of Drama students. Congratulations are extended to Nathan Jenkins, Isaak Koorey, Holly McRobb, Stephanie Neil and Ms Cannon, the Year 12 Drama teacher, on a fantastic achievement!

Achieving Together

Principal: Mr G Johnson
Deputy Principals: Mr M Townsend, Mr B Clements, Mrs A Gatt

Address: 28-44 Purchase Road, Cherrybrook NSW 2126
Phone: 9484 2144
Web: <https://cths.nsw.edu.au>
Email: cths@cths.nsw.edu.au

Coffee Shop Renewal

The recent upgrade of the school's coffee shop has generated a lot of excitement from students and staff alike. Students, because they have been trained as baristas by our own Mrs Shephard and are now being given an opportunity to practise their skills. Staff, meanwhile have been delighted to be provided with the opportunity to purchase a fresh cup of coffee to start the day in a very positive manner. My sincere thanks are extended to all staff who have been instrumental in the training, supervision and refurbishment of the coffee shop and to our wonderful teams of students who man the coffee shop on a rotational basis.

Mr Johnson



COVID-19 Sick Student Procedures

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/carers when necessary.







Any student exhibiting cold/flu like symptoms, related to an illness, will be sent home and is not to return until a negative COVID-19 result is attained and the student is symptom free.

Please note: 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.**

Study, Stress, Coping and the HSC

In the following weeks, Year 12 will be revising and preparing for their HSC examination and may need reminders from home about the balance of good mental health and study. As part of this process, it is important our young people engage with mindfulness and physical wellbeing, to ensure a prepared, well-balanced individual enters the examination room. A good study routine, healthy diet, exercise and rest should all be part of this process. The table below has some useful strategies for creating a healthy study environment:

Mr Hind, Head Teacher Wellbeing.

	<p>Identifying Exam Stress and Getting Ready to Study: Signs of stress Tips to help studying https://kids helpline.com.au/teens/issues/exam-stress</p>
	<p>Supporting Study, Balance and Routine: Creating a positive environment Managing stress through keeping active, sleep, diet, mindfulness and seeking support https://healthyfamilies.beyondblue.org.au/healthy-homes/supporting-study</p>
	<p>Is Mindfulness for you? How to practise mindfulness Focus on the moment https://au.reachout.com/articles/mindfulness-is-it-for-you</p>
	<p>How to study Mindfully: The importance of Mindfulness in study Creating a 'mindful' state when studying https://www.beyondblue.org.au/personal-best/pillar/wellbeing/how-to-study-mindfully</p>
	<p>Foods that help our brain study: Fuelling good study habits Healthy study snack swaps https://au.reachout.com/articles/foods-that-help-our-brain-study</p>
	<p>Relaxation techniques https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/relaxationtechniques.pdf?sfvrsn=10</p>

COVID-19 Procedure for Early Leave

If a student needs to leave school early, they **must** provide a note from their parent/carer giving reasons for the partial absence. Students must **hand the note** in to the **student window before 8.30am** where they will be issued with a leave pass. They then present this pass to their teacher and leave school at the appropriate time.

Due to the recent COVID-19 directive from the NSW Premier, Gladys Berejiklian, **parents/carers** are **NOT** permitted on **school grounds** unless they have a prearranged appointment. Therefore, **please arrange to collect your child from outside the school.**

On Thursdays, if you have sport, you **MUST** have your early leave note signed off by a member of the PDHPE staff before presenting to the office.

Study, Stress, Coping and the HSC (cont'd)

Stress and anxiety can also be of concern for young people and Year 12 should be reminded, the School Counsellors, Ms Roman and Mr McKie, as well as the Wellbeing Team, are available to provide support. Students can also seek support from outside agencies such as:

Mr Hind, Head Teacher Wellbeing.

<p>Kids Helpline</p> 	<p>Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</p>	<p>CALL 24/7: 1800 55 1800</p> <p>WEBCHAT 24/7: https://kidshelpline.com.au/</p>
<p>Lifeline</p> 	<p>For all ages, 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.</p>	<p>CALL 24/7: 13 11 14</p> <p>TEXT: 0477 131114 (6.00pm - Midnight)</p>
<p>Beyond Blue</p> 	<p>Provides confidential support through professional healthcare workers via the phone, forums and an online chat service. Their website includes resources for understanding anxiety, depression and suicide.</p>	<p>CALL 24/7: 1300 22 4636</p>
<p>Mental Health Line</p> 	<p>A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens and adults.</p>	<p>CALL 24/7: 1800 011 511</p>
<p>Headspace</p> 	<p>Headspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.</p>	<p>GROUP CHAT 24/7:</p> <p>1 on 1 CHAT: 9.00am - 1.00am https://headspace.org.au/</p>

COVID-19 Tests for HSC Students

HSC students will now have their COVID-19 test results prioritised to minimise disruption to their studies and exams. Students requiring testing will need to advise their GP or testing clinic, they are an HSC student to ensure they are prioritised. To help minimise the risk of transmission for HSC students whilst they are in the wider public community, please encourage them to:

- Stay 1.5 metres apart where possible
- Wear a mask if physical distancing isn't possible
- Get tested as soon as possible if they have even the mildest symptoms.

CAREERS UPDATE

Study Medicine

The end of September is a critical time for undergraduate applications for Medicine. Find the latest deadline info for high school students who are applying for Medicine at <https://www.studymedicine.com.au/deadline-info>. The [10 Step Application Guide](#) also assists students understand the process.



Free UCAT Webinar (13/9) for Year 10 and 11 Students: How to Solve the UCAT Exam

Learn what questions to expect in the UCAT exam and how to solve them correctly and efficiently. This free three-hour UCAT webinar will cover the fourteen question types which appeared on the 2020 UCAT exam (including examples), identify their distinctive features and demonstrate how to solve them via live teaching. Register here: <https://bit.ly/2G4Z4ZS>.

Exploring Engineering Careers

Engineers Australia is ready to deliver Experience It (16 Oct) and Discover Engineering Day (late Nov): A full day, fun program, four team activities, friendly competition; online via livestream! If you are interested in participating, create your team of five students and let your Careers Advisers know ASAP!

Free HSC Spring Sessions for Year 12 Students

InspirationED are hosting free Spring Sessions from Monday 21 August - Thursday 17 September. Presented by senior HSC markers, these 45 min sessions will cut straight to the chase and leave students equipped with simple study strategies, assessment techniques and effective ways to manage their workload. Register here: <https://inspired.edu.au/free-seminars/>.

Job Jump University Stories

Find out what current and past students are saying about the course you want to study. Log into your Job Jump account at <https://www.jobjump.com.au/uni/stories> to find your course.

Please note: A Job Jump account is required. If you have not registered for Job Jump, watch the registration tutorial video [here](#). The School Password is "fox".

Design and Technical Career Pathways

Discover NIDA's pathways to a Performing Arts career! Students interested in any Creative, Design, Entertainment or Technical courses are invited to attend our weekly Encounter Presentation during Week 9, Wednesday 16 September at lunchtime in C2.1

NIDA

Work Experience Updates

Retail or Hospitality Work Experience opportunities are available in Term 4 through the TAFE YES Program. Please see the Careers Advisers in the library ASAP if you are interested.

The Student Placement Record has been updated for Term 4. If you are organising work experience, please download and complete the new form [here](#).

CTHS Careers Advisers

The CTHS Careers Advisers are available for Zoom interview meetings with both students and parents.

You can arrange a meeting by emailing:

Mrs Ferguson, christine.ferguson@det.nsw.edu.au or
Ms Tenedora, franchesca.tenedora3@det.nsw.edu.au.

Mrs Ferguson and Ms Tenedora

KEY UNI APPLICATION DATES

For a more comprehensive list of Early Entry schemes, download the [Early Entry Guide](#) from Study Work Grow.

- Southern Cross University [STAR Early Offer](#) - closes Friday 11 September
- ACU [Community Achiever Program](#) (Strathfield Campus) - closes Friday 16 September
- UAC School Recommendation Scheme ([SRS applications](#)) - close midnight Sunday 20 September
- WSU [True Rewards Program](#) (round 2) - closes Sunday 20 September
- ACU [Guarantee Program](#) - closes Friday 25 September
- UNE [Early Entry Program](#) - closes Friday 25 September

UNIVERSITY OPEN DAYS

Please click on the name of each institution to register for upcoming university open days in September:

- [Flight Centre Travel Academy](#) | Live now
- [UTS](#) | Register to access Open Week content
- [UNSW](#) | Visit website for virtual campus tour
- [USYD](#) | Register to access Open Day content
- [MACU](#) | Register to access Open Day content
- [WSU](#) | Register to access Open Day content
- [ACU](#) | Saturday 12 September
- [University of Newcastle](#) | 14-18 September
- [Charles Sturt Uni](#) | Tuesday 15 September
- [Sydney Design School](#) | Saturday 26 September
- [Charles Sturt Uni](#) | Saturday 26 September

Full time & School Based Apprenticeship & Traineeship Positions 2021 40+ Possible Jobs Available

We anticipate having positions available for school leavers interested in full time positions and for students in year 10 who wish to undertake a school based apprenticeship/traineeship in year 11 & 12.

We will be interviewing for positions in the following industries:

Administration
Boilermaker
Carpentry
Electrical
Finance

Fitting Machining
Heavy Vehicle Mechanic
Horticulture
Human Resources
Information Technology

Landscaping
Plant Mechanic
Reception
Warehousing

Interview Days

Wednesday, 30 September 2020
Monday, 9 November 2020

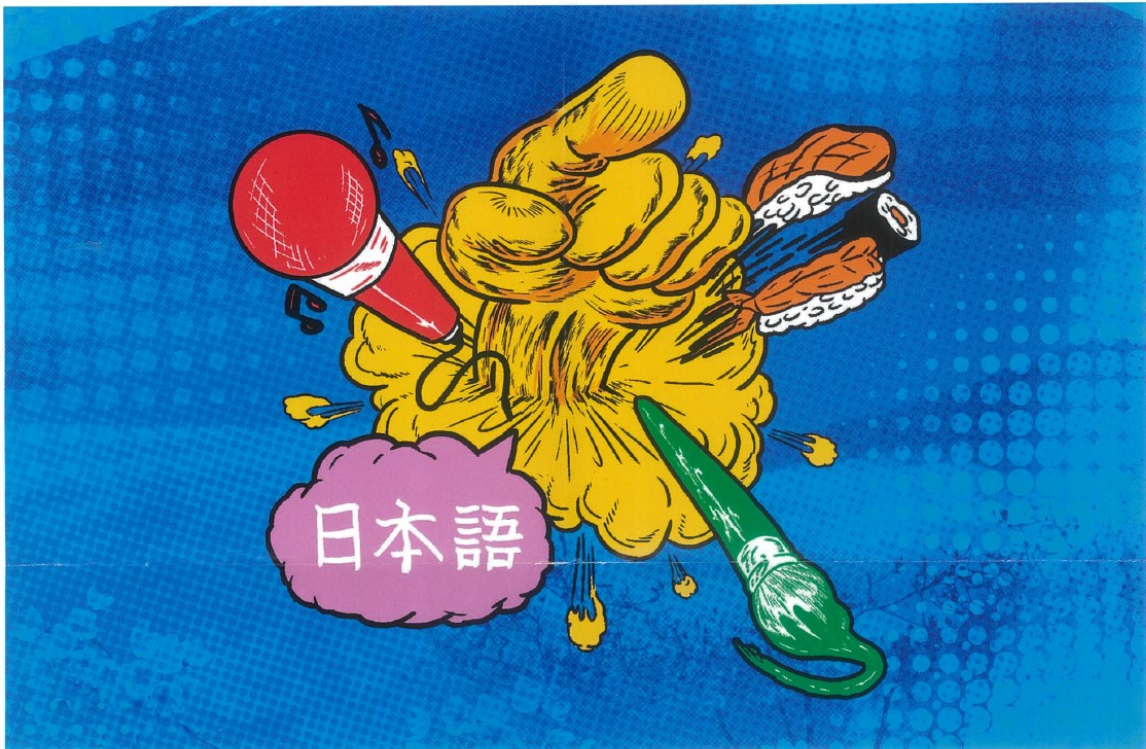


To register your interest:

Visit our website www.mygateway.org.au to apply or call our office on 02 4627 1388. Should an opportunity become available, we will contact you to organise an interview.

Appointments are essential - No walk ins on the day

WHAT'S YOUR J-TALENT? ONLINE TALENT CONTEST



**OCEANIA, SHOWCASE YOUR JAPAN-RELATED TALENT IN
2 MINUTES OR LESS FOR YOUR CHANCE TO WIN A
JAPANESE EXPERIENCE IN YOUR CITY!**

**ENTER NOW AT
JPF.ORG.AU/JTALENT**

ENTRIES CLOSE OCTOBER 31, 2020

*See website for more info and eligibility.

ENQUIRIES

+61 (02) 9239 0055 or jtalent@jpf.org.au

The Japan Foundation, Sydney is proud to present What's Your J-Talent? online talent contest!

Whether you're a budding social media star wanting to show off your cosplay prowess or the dux of your Japanese language class, itching to show off your Japanese skills, grab your camera, get creative and get recording!

Categories include: Japanese Language, Lifestyle, Traditional Arts & Culture and Pop Culture.

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Illustration by Andrew Yee



Managing the Final Year of School in the COVID-19 Era

The City of Ryde is proud to host *Managing the Final Year of School in the COVID-19 Era* with Dr Michael-Carr Gregg.

Tuesday 15 September 6.30pm-7.15pm

It is open to students and parents.

To register please visit:

<https://www.eventbrite.com.au/e/managing-the-final-year-of-school-in-the-covid-era-w-dr-michael-carr-gregg-tickets-118586947753>

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 9s | 11s | 13s | 15s | 17s

REGISTER @ HORNSBYTOUCH.COM.AU

CALENDAR - Term 3 Week 9A

<p>Tuesday 15 September</p>	<ul style="list-style-type: none"> • Year 12 High Achievers Morning Tea • LOTE ALC Test Incursion
<p>Thursday 17 September</p>	<ul style="list-style-type: none"> • HSC Visual Arts Marking/Exhibition
<p>Friday 18 September</p>	<ul style="list-style-type: none"> • HSC Visual Arts Marking/Exhibition • Year 11 AP2 Exams End